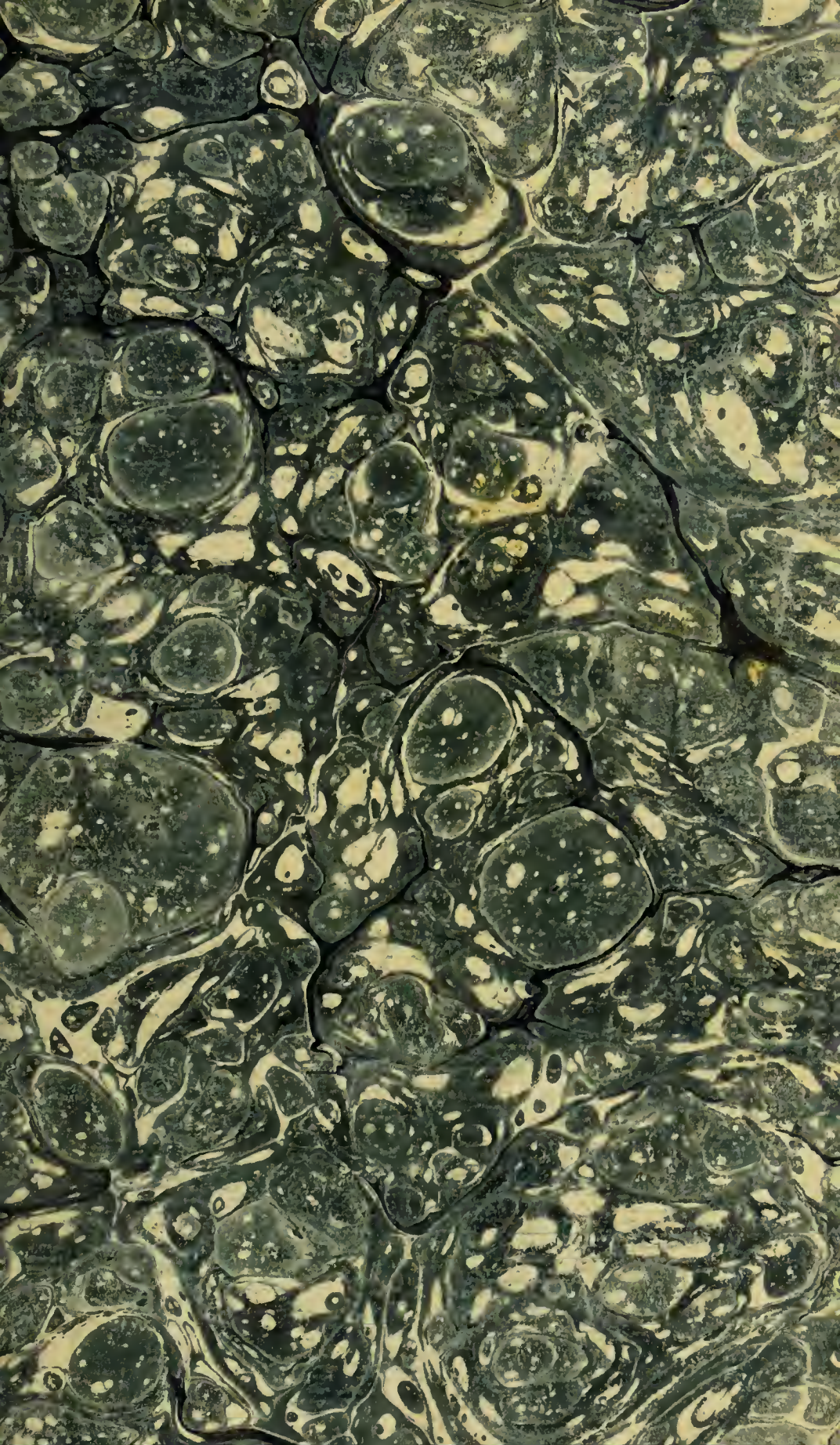


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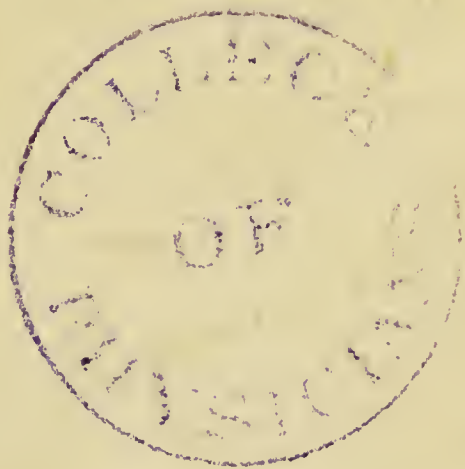






Wm Chantle
HB Feb'y 18th 13

Thos Taylor





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AN
E S S A Y,
ON THE
MEDICAL CHARACTER,
With a view to define it.

To which is subjoined,
MEDICAL COMMENTARIES
AND
OBSERVATIONS,

ADAPTED,
To several Cases of Indisposed Health.

By ROBERT BATH, N^o 399, OXFORD-STREET.

*“ Homines ad Deos, nulla re propria accedunt,
quam salutem hominibus, Dando.”*

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A N

E S S A Y

O N T H E

MEDICAL CHARACTER.

A N
E S S A Y &c.

NOTHING can be more evidently clear, and decisive, than, that the qualifications of professional men, can be best understood and explained by such, as are in the same habits and pursuits of life, and that hence the medical character,

with respect to its duty and office, as well as scientific pretensions, may be discussed with most propriety, by those that are educated in, and attached to, that line of life.

The first, and most obvious quality, necessary to form a true character of this denomination, must be, a *real* and *native* attachment, to the study and pursuit of it. This, must of necessity constitute, and make, the ground work of every successful effort, to render it either reputable, or, compleat, and that can make it, either of estimation, or ornamental in, society. It must not depend, upon occasional circumstances

cumstances in life, to call forth and exert this principle, but it must be, an undeviating permanent disposition, for considering and exercising its function, upon all occasions, and, be always present, and influence the faculties, and attention, of the mind. A great character, may be formed, either for the senate or the field, from local and occasional circumstances, independent of any native, or even acquired principle, of this kind, and great, as well, as very successful efforts, may be made, from enthusiasm, excited, upon important occasions, which do not require the habit of accurate attention, or delicate re-

gard, to the rules of science and deliberation. The objects in either of these pursuits, are not, either so variable, nor under such changeable influence, as the human body, in respect to health, and they are more permanent, in their nature, as well as less deviating, from known laws and maxims.

It is necessary to observe, that this attachment, which is a very essential part of the medical character, should evidence itself, in early life, and should in course, be the *inducements*, of leading men, to habits of frequent consideration, from sensations of pleasure, arising, from
the

the view, and just estimation of so fine and, *magnificent* a structure, as the human frame is, and which, from the variety and delicacy of its parts, and the nature of their functions, dispose, to a *fearful* complication of *disease*; the accurate attention to which, must originate from a settled and fixed principle of attachment, to its different duties and situations.

To this first fundamental principle, necessary to constitute a character, we must conjoin, another, of equal importance, both to reputation and success. This is *Philanthropy*; and this also, must be equally,
native,

native, original, and undeviating. The situation of mankind, under the influence of disease, is, in every point of view, perfectly compassionate; but these sensations, will plead in vain, unless the heart, from whence they should originate, is made of tender and susceptible materials, and make up a *real*, and not an *assumed*, part of the medical character. The want of this radical principle, has occasioned many thousand operations, that might have been avoided, with success, to the patient; and there would have been no occasion to *develop*, many thousand cases, the consequence of which mode of
treat-

treatment, have ended in the misery and destruction of numbers. The absence of this quality, has led many to neglect the most material parts of the medical character, and also to misconceive, and invert the character, as well as the disposition of others, and, also, to render these attentions and duties troublesome, which would otherwise be a matter of amusement and pleasure. We hear constant complaints of the difficulty of pleasing, and of satisfying people, in a state of indisposition, without either considering our own incapacity of doing, either. Philanthropy, which is only another word for humanity,

nity,

nity, will impress us very distinctly, with sensations and ideas, in favor of the patient, or, at least, in an indulgent allowance for this state of faculty. Those affairs of attention and care, that are always acceptable, and pleasing, to an agitated state of mind and bodily powers, which medical men, of every denomination, ought to possess, will be a grateful and happy resource, that can never be absent, under the influence of this principle. All our indiscretions, and improprieties, must, in this situation, meet with a sympathetic consideration, and impress, a pleasing idea for exerting ourselves, in an attention.

tention to frequent and vigilant attendance, and reconcile us to the assurance and belief, that our duty, to the afflicted, does not reside entirely in, *professional* acts.

The presence and exertion of this principle, which is considered, as perfectly essential, in the composition of a medical character, leads on, and connects with it another, quality, of great esteem, and highly material. This is a mild deportment, or gentleness of manners. To be always mild and complacent, easy and tranquil, is a possession necessary to impress upon the mind of
the

the patient, an idea, that our presence is agreeable, and, our being in the possession of this power, we have a means, of communicating it to, others, to a very sensible degree, and often to the radical benefit, of the afflicted. It would appear, very admissible, in conformity, to the limited and confined ideas of mankind, that this qualification was the most important of all others, tho' in fact it, is only an appendage, to that of the preceding one. Though we have great authority, to assure us, that it is the first, and of the highest origin, since a very great Philosopher declares, that, "*the wisdom which is from above, is gentle,*"

gentle," alluding, to the impressions, which it makes, as being perfectly conciliating. This is native sensibility, heightened and improved by that delicacy of manners, which, arises from a knowledge of society, and just views of its wants and necessities. We are, from hence excited, to a careful attention to the situation, and wants of others, in this line of life, as well as in every other, and, to those objects that are usually esteemed, pleasing. It is this tenderness and sensibility, that sweetens all the actions of life, and gives a true taste and relish, to the minute duties of humanity. Under the influence

ence of this sentiment and habit, the voice and manners, will always be adapted, and ready, to exercise the tender and sympathetic offices, in an attention, to the wants and difficulties of the patient, which are constantly numerous and frequently, very distressing. Every thing that is soft and pleasing to the eye, or that delights the ear, in the exterior frame of natural works, will be produced, in real sensation, by the demeanour of a well polished mind, which has for its object, the conciliation and esteem of others. This desirable and beautiful quality, is the only successful antidote, to harshness
and

and to, severity, to pride, and to arrogance. It happily suppresses, the native turbulence of the human heart, and, it is literally that part of our constitution, which leads us to withhold our giving inquietude, or pain, to our fellow creatures; and, indeed this idea should impress us, in respect to every inferior species of the creation, especially in matters that relate to existence, and life. Our feelings and passions are called forth and agitated, in a peculiar way, by those we see, in the various situations of ill-health. Compassion excites us to relieve them. Gentleness and forbearance, prevents us from

C retaliating

retaliating any thing we find offensive ; tendernefs restrains, and forbids every angry passion, and candour, the suggestions of malignity. Sympathy, disposes to prevent, censure, and is fraught with indulgence. Gentleness, tenderly corrects whatever is offensive, in our natural disposition, and by a constant train of humane attentions, tries, to alleviate the severity of common misery. It is unlike other good qualities, called forth only, on peculiar emergencies, for its office is, as permanent, as the hand that gave it, and its influence, as lasting and, as extensive, as the ills that surround us. We are, to distinguish this
quali-

qualification, which must be native and pure, from that artificial courtesy, that smoothness of manners, which is exhibited in the circle of high life, and, the superficial accomplishments of a frivolous age, which is frequently discovered, and is equally empty and vicious ; which though possessed sometimes in a very eminent degree, leads neither to good thoughts, nor virtuous actions. It is worthy of notice, the regard and attention, which is paid, even, to an assumed character, of this kind, and this is one evidence, with many others, that might be adduced, of the great esteem, mankind retain,

C 2

for

for virtue and goodness, the very semblance of which, is eagerly pursued, without any taste for the reality. For to render society agreeable, and pleasing, it is indispensable to *appear, in this likeness*, and, in this case, the shadow is adored, while the substance is wanting. In the common intercourse of human life, this quality is necessary to gain the esteem, and engage the affections, of others. but, in the medical line, and in those instances, when it is sought, it is peculiarly happy and therefore to possess the accent and manners of gentleness and humanity, is universally, indispensable. This easy, affable,

fable, mildness of temper, which originates from, and is, the effect of principle, the beauteous emanation of a *good heart*, must be considered, as it really is, an essential part of the medical character. It must, therefore, have its seat in the native composition, and like every other good quality, reside in the mind, and have its seat in the heart. It cannot therefore, in its nature, be occasional and temporary, but constant, and always influence, both in sentiment and action. It is not to be learned, in the school of the world, where social intercourse, so incessantly discovers, an endless rotation of eva-

nescent fashions. Scenes of ceremonious vanity, spectacles of pomp, and forms of insidious politeness. It is from this source only, that can originate those marks of kind attention, which flow warm and unadulterated, from the heart, and alone can render the polished and refined instances of good breeding, truly pleasing. Pure gentle manners, are not formed by any other rules, than those of upright intentions, and undissembled integrity, one particle of which, is of more real estimation and value, in the just scale of reason, than all the modes, which caprice, or fashion, can invent, or impose.

Original

Original good nature, and benevolence, is a farther ingredient, to compleat this character. There is always, a real unaffected civility, arising from this quality, which has no deception. The charm of genuine kindness and benignity, speaks irresistibly, and is invariably, the same, because founded in sincerity and truth. This, indeed, like true gentleness, is much more readily understood, than defined; as it does not reside in the tone of the voice, the gesture of the features, the movements of the body, or the acts of the hand, but, is founded in a just and adequate sense of what we owe to the common

nature of one another. It is invariable, because it arises from a reflection, and a considerate attention to, our own wants, and failings, and from a proper view of the condition, and duty of society. It is native sensibility and feeling, improved by principle. It is the heart, which easily relents, at impressions of resentment, which trembles with sympathy, which feels for every thing distressing, to human nature, which regards with instinctive tenderness, whatever harrasses the condition of man, in every state. It is that *only*, which is affable in its address, gentle and mild in its demeanour,

nour, and ever ready and pleased, to oblige. It diffuses habitual kindness to friends; candour and courtesy, to strangers, and indulgence, to every thing inimical. In the possession of this, we exercise any superiority, with moderation, and administer instructions with tenderness; and we cannot fail, to realise the expectations of sensible men, with *fidelity*. If occasion offers, to confer a favor, it is always done, with ease and delicacy, which is the most successful way, to render it, truly acceptable and pleasing. With one more definition, I take leave of this part of the character. It is unassuming

fuming, in opinion, because it has always impressions of self-incapacity. It is uniformly prompt, to allay diffention, and to restore peace, because the sentiments of peace and good will, reside, within us. It delights, above all things, to alleviate distress, and, if it cannot dry the falling tear, at least, to sympathise with “ the grieving heart.”

It has been observed, with great propriety and truth, that the impressions, excited, by the representations of painting, are favorable and advantageous, to society, as they give the mind, a turn and disposition, from the
impulse

impulse of *imaginary* circumstances, to exercise benevolence and humanity.

The fine and delicate pencil of *Poussin*, in his representation of the fate of *Germanicus*, leaves, upon the mind, very distinct and sensible impressions of indignation, for the cruelty of his fate and treatment, at the same time, we cannot but feel, a *tender compassion*, for unfortunate virtue; and hence, the object of sorrow, and every argument it presents, fills the mind with soft *vibrations*, which quickens us, to a sensibility of benevolence and humanity.

The

The representation, which this fine artist, gives of the Plague, melts the soul to emotions of sympathy, and fills us with a participation for, human misery.

Virgil, in the history of his favorite character, Eneas, has introduced, this idea, with great delicacy, and beauty. Every quality that adorns the human character, and renders it amiable and pleasing, this *Hero*, has ascribed to him; and with the most eminent and remarkable, are those of gentleness, and, humanity. Kindness and friendship, sympathy and love. Upon his landing
in

in Africa, he is made, to *express*, many fears, concerning, the temper and manners of the people, in regard to kindness and hospitality ; but, no sooner, does he discover, paintings, descriptive of civilization, and humanity, than he assures himself, in a transport, that, he shall be received with such sympathy and kindness, as, his eminent misfortunes, entitle him to, and therefore with great delicacy of thought, addresses himself, to his friend and, companion.

*Sunt Lachrymæ, rerum, et
mentem mortalia tangunt, solve
metum.*

If

If we distinguish, such an excellent tendency, in the reflection, and imagination of things, to call forth, and excite in us, the principles of sympathy, humanity, and gentleness, how much more successful, must this lesson, be held out to us, when there are before us, objects to *realise* them; objects, whose situations, in regard, to misery, are not *imaginary*, but *real*! Hence, we observe, that in our intercourse with the *frailty* of human health, we must be led to sentiments of philanthropy, gentleness, and compassion.

I shall finish this part of my
obser-

observations, by describing the line, we have to direct us, in regard to communicating, something to the patient, to impress the mind, with satisfaction, and tranquillity, at every intercourse and visit; considering it, as a very essential obligation and duty, and of great efficacy. The limitation of the human intellect, is such, especially when the body is agitated with disease, that this also, is under morbid influence, therefore we must take this idea, with us, that the powers of either, are not what they might be otherwise estimated. Hence we shall observe, the propriety, of leaving the patient, in the possession,
of

of no one idea, that any new access, of suffering, is to occur, from our views of the situation, they are in, or, from any measure, to be taken, in consequence of it; because, every thing is multiplied, and rendered more enormous, by anticipation. In fact nature's powers, and nature's laws, as well as the just calculation of reason, will, frequently in this case, be inverted, and therefore we must estimate accordingly. There is a sympathy, and correspondence, between the sensations of disease and intellect, in a state of disease, and it has been observed, by the most sagacious and intelligent practitioners, that
they

they frequently keep pace. We are to be guided, in this, as well as in many other instances, by fact and observation, and not by theory, and conjecture ; by such things, as really exist, and not by such, as may be, supposed. I take it, therefore, to be right, that we should observe certain rules of, reserve, which, are never to be communicated, in any way, to the patient ; I mean, in those affairs, and consequences, which do not make, in their favor, both in regard to medicine, and the disease : and that those should be held out to their consideration *only*, which lead on to hope, success, and expectations

D

tations of better health. The fact is, that the natural powers of the body, in the performance of every function, are frequently, inverted, by, anticipation. I have frequently seen instances, arising, entirely, from apprehension and dread, when the stomach, has passed, a very powerful emetic, without the least disposition, to recoil, and the intestinal parts, not the least affected. In fact, as we cannot answer for the sensations, and antipathy of the sick, it should be held, as matter of reservation, the intention and effect of medical treatment, that part of it, which is repugnant to wish and desire. Timidity and apprehen-

prehenſion, is the conſtant attendant, on a ſtate of indiſpoſition, and indeed, too frequently, in a ſtate of general good health; and hence, we muſt ſee the propriety, of this policy, which is to, with-hold, every thing, that leads to thoſe impreſſions. For, it is exactly, in regard to the diſcipline and effect of medicine, and diſeaſe, as a very fine writer,* has defined, the natural termination of life, to be.

* Dr. Young, with great beauty, and juſt expreſſion of thought, deſcribes, that the impreſſion of death, ſhould be held as much, as poſſible, from idea, becauſe, we “*feel a thouſand deaths, by fearing one.*”

Every favorable circumstance, should be exactly noticed, and held up, to excite hope and expectation, as the faculties of the mind, let the disease be what it will, have a great resource of support; more, perhaps, than any occasional, and temporary, assistance, whatever; of the medical denomination. Every case, and situation, admits of a great many circumstances, to console and cheer up the patient, if they are inquisitively, sought after, and judiciously pointed, out; and I have seldom found, an instance, where such observations, were not received, with *particular remembrance*. There is a singular

singular power of communication, in parts, in regard to sensation and disease, known, by the term of sympathy, which produces amazing effects, to the disadvantage of the patient, when it is explained, that something *specific*, is, to be done. I have known instances of a painful affection, and strangurious state of the bladder, from referring, to former sufferings, in one hour, after the application of a blister, and an irritation to evacuate the stomach, in three minutes, after taking the emetic. These effects were, most certainly excited, *premature*, and, in a manner, extraneous; from the influence of apprehension

only. The fears and apprehensions of the sick, ought, at all times, to be a matter of tender care, and nice attention, both from sentiments of humanity, and also, to prevent, retrograde effects, from medical treatment. There is, in every species of disease, and ill health, a degree of general irritability, not only of the particular parts, that are morbidly affected; but also, of the whole system, which circumstance, unfortunately, induces, an accession of disease, to those parts, unless, it be obviated and, removed. It is hence, an object of important attention, to prevent this confederacy of circumstances, from going
on,

on, to perpetuate, and render the natural disease; more fatal, to, the patient. In the full possession of health, and with the best faculties, we observe, how very inadequate, we are, to contend with, natural, or occasional circumstances of unfortunate life. Even, in theory, they afford, a distressing spectacle, and we feel a sensible influence, to console and sympathise, with those, that are in this situation, which begets a desire, to obviate, and remove the difficulty, in whatever shape, it exists.

How great and essential a part of the medical qualification, is

it then, that we hold up the patient, by a view of favorable and consolatory circumstances, only, is hence evident, every way, and in every estimate, and, whatever is of opposite tendency, should be the great affair, of consideration and skill, for the practitioner : the very circumstance, of the inquisitive disposition, so evident, with sick people, sufficiently indicates, a tenderness for their own existence, and apprehensions, concerning, its safety. This circumstance, clearly evidences, the propriety of concealing, and using, the most delicate caution, that nothing should be communicated, that disposed, to this impulse
and

and timidity, as the disease, let it be of what kind it will, must hence be, increased, as, all parts of the body, in a morbid state, suffer considerably from *atony* and *irritation*, it therefore must, be well remembered, that we do not *increase*, what is intended for us, to *diminish*, and remove. It is necessary, that constant, and availing, hope, the great solace of the human faculty, in every situation of difficulty; should be held up, in every point of view; not only, to gain time, but, to keep the patient serene and placid; with an intention of giving nature's powers, and nature's laws, an opportunity to recover themselves,

selves, and to be restored, to exact order and health. Nothing can be used more successful, than to impress the mind, with the pleasing expectation of hope, and, it is with great truth, that the finest writer, and the best poet, has defined its operation, and effect, perfectly sensible,* and right.

The duties, professional men owe, to the situations of the indisposed, are, so various and extensive, and constant, that none,

* “ Hope springs eternal in the human breast,

Man never is, but always to be blest ;
 What future bliss he gives not thee to know,
 But gives that hope to be thy blessing now.”

but

but those of great feeling, and sensibility, can have any adequate idea of them ; and, without the exertion of these talents, it is impossible, that their presence, can make due impressions of attention, regard, and attachment, which, joined to sensations of gratitude, for our endeavours, is what alone, renders the pursuit of it, pleasing and happy, and, renders that life of care and consideration, a matter of amusement, and satisfaction, which, otherwise, would be esteemed difficult and troublesome.

We shall now finish these observations, by taking a summary
view

view of the character, they are intended to describe, and to add, that, if medical men, corresponded with this description, this profession must, in course, be held, in that esteem, and regard, which it seems justly entitled too, far above, most others.

A sincere and perfect attachment, to its studies and attainments, as a science, and a uniform regard, to the practice of its various duties, which alone should constitute and make up, the chief attention and employment.

A native and inherent principle of, candor, good nature, and
philan-

philanthropy, with a compassionate sensibility, for those situations of difficulty and distress, that mankind, in a succession of disease, constantly present to us. These impressions, should be heightened and rendered, more permanent, by a liberal, and well cultivated education, and improved, by an intimate intercourse with men of genius, and refinement. Nothing, can more effectually tend to correct and soften, the natural asperity of the human disposition, than, this way of life. This will keep the mind and sentiments, tuned to affability and conciliating, gentleness, which is sensibly gratifying and accepta-

acceptable, in a state of ill health,

To every effusion, of a good heart, and rectitude of intention, must be joined, a clear and intelligent recollection, of the nature of the situation we are in, in this pursuit. Great and minute attention, to the circumstances of the patient, is essential, but, it should be attended with ease, and cheerfulness, with a view, to lessen, and if possible, remove, those uneasy impressions, that generally prevail with sick people. Delicate manners, and a mild demeanour, will be very acceptable, and, joined with a liberal communication-

munication, of every circumstance, in favor of the patient. To always have, such as are not, in constant remembrance, to the intention, of considering them, *alone*, in order, to estimate the case *truly*, and *correctly*. Diligence, and frequent attention, to the indisposed, is particularly necessary, and when conjoined, to gentleness and benignity, seldom fail, to impress the patient, with a sense of regard and friendship, which are the *only* sentiments, that can render the “countenance of man, a refreshment to man:” and, in this situation, diligent and frequent visits, are very acceptable. Nothing, can be
more

more evident, than, the propriety of this conduct, as, there are frequent variations, in every disease, as well as deviations, from the common estimate, of medical calculation, so, in course, our presence must be necessary, to *adapt*, and *point out*, the right line of treatment.

This attention, brings to our observation, many occurring circumstances, that may make, in favor of the patient ; perhaps, to accelerate recovery ; perhaps, to render the situation, more accommodating, and perhaps, to render a fresh accession of resources, adapted, either, to amusement

ment, satisfaction, and radical benefit.

If situations of health, are variable, and, by no means permanent, how much more so, must be the situations of the sick? And hence, a frequent modification, and change of rules, must be induced, and requisite. Finally, this important character, can only be conceived, known, and felt, by a clear head, and a good heart, formed for sympathy and friendship, which concurrence alone, can teach us the right line, in every situation of life, and the due performance, of its duties and obligations.

MEDICAL OBSERVATIONS,
and COMMENTARIES,

ADAPTED,
To various Cases of Indisposed Health.

SECTION I.

NOTHING, is more evidently indiscreet, and defective as, to estimate, or suppose, that a wise and beneficent creation, disposed, in every part of the world, with so liberal a hand, should vest, those resources, which are intended, as antidotes, to human calamity, in the shell of a medical shop, or to be locked up, and *secreted*,
E 2 in

in the head, and comprehension,
of professional men, *only*.

As the influence of disease, is, a general, and prevailing, part of the human composition, in every climate, and in every condition of life, it must certainly, be admitted, that, in a just estimation, of things, the means of obviating, its natural consequence, are, within the calculation, and access, of every man of intelligence and reflection, that properly considers the habits of life, and the use he makes of it, which, in fact, constitute, and make, up the great source, of most indispositions of health.

The

The beneficence and liberality of nature, has unquestionably created, and furnished, a great choice, and variety, of things, *medically combined*, suited, to as numerous a variety of indispositions of health, which, are evidently, sent forth, to us, for occasional use, *only*.

These resources, are clearly left, to the sagacity, intelligence, and observation of man, for whose use, and service, they were made, and are, therefore, permitted to form, live and vegetate, as objects, for his investigation, labor, and attentive inquiry.

If we compare, this catalogue of natural medical productions, with that of *art* and *combination*, we cannot help observing, how bountifully, the scale preponderates, in favor of the former, and how very inadequate and defective the latter !

This circumstance, alone, clearly indicates, to a mind formed, to reflection and intelligence, how much more liberal, and inquisitive regard, we ought to shew, to the productions of nature, in this, as well as in every other instance, than, to that of the feeble efforts, and imitations of, arts.

We

We find, in the history of medical discovery, numerous and successive proofs, of this important fact. which, we shall notice, with a view, to illustrate the magnificence and greatness, of natural resources, and how far, they surpass, most of those of *invention*; and, to that end, they are provided, abundantly, accessible to all, and within the known and visible laws, of, common intelligence.

Independant, of this provision, I have to observe, still more effectual, and provident resources, *made and adapted* to the intention of alleviating and curing, diseases of the human

body. These are, *nature's powers*, and *nature's laws* ; which are, or at least should be, objects of nice, and careful attention, and are justly estimated, to be wisely and wonderfully *adapted* to the relief, and cure of *all diseases*, especially, if they are not interrupted, by premature attempts, nor, these efforts, interfered with, by the too frequent, and frivolous suggestions, of medical practitioners.

— These powers, are various, and amazingly efficient, residing, chiefly, in parts of modern investigation and discovery ; which are, the absorbent system, instances of whose powers, operating

rating to salutary intentions, we shall notice, with singular amusement, and instruction.

In the collection, of nature's production, of medical aid, we have to observe a great, and efficacious provision, of various combinations, of mineral and fossil substances, held in solution, and suspended, in water, found, in great abundance, in various parts, of the whole known world. This matter, is fully proved, not only by frequent instances of success, in curing disease, and in repairing its consequent effects, but by two other ways of demonstration, and proof, termed in science,

ence,

ence, *analytic* and *synthetic*. The former, a separating, and decomposing, the different particles, of which the whole, is made up, and combined with, and then examining them apart. The latter, by adding, and compounding several articles, of medicinal quality, together, and rendering them fluid, by the common element of water. Nothing, that is produced, in this way, is, I apprehend, adequate to, or, of equal efficacy with, nature's production, the preference to which, is to be given, in every way, and to every intention, of real utility.

It is observable, that there
are

are frequent instances of great success, and great cures, effected by these natural productions, when all other efforts have failed, and when indeed, none, had even, been had recourse to. This impresses the intelligent mind, with great ideas, of their efficacy, and the excellence of this provision. In considering this subject, we cannot but notice, with singular amusement and curiosity, the power, which this simple element of water, has, by holding in solution, various constituent properties, that are vested, in the composition of the earth, and that reside in vegetation ; and, this simple process, contains more powerful,

ful, and efficacious principles, and, in course, a stronger preparation, than many which art and experiment, have discovered.

To illustrate this assertion, we will produce the instance of the quinquina bark, which gives off, and retains, in solution, its most essential parts, in cold-water, in which state, it appears, from the history of its discovery, to have been held out, by the beneficent hand of nature, for the use of mankind.*

After

* At the latter end of the fifteenth century, the use of the bark, was discovered, in the following manner; a man passing by
a pond

After the slumber of two centuries, the period, at which this invaluable vegetable, was found, it appears, by experience, by fact, and by true observation, that simple cold water, is its most powerful solvent, and accordingly, its chief preparations, are in that way,

a pond of stagnant water, (round which, were the peruvian bark trees, growing,) with great thirst and fever, from an intermittent, drank freely of this water, which he found exceedingly bitter. It cured him of his fever, and this circumstance, led him, to communicate its efficacy, which, upon a farther trial, succeeded also. Upon examination, it appeared, that this peculiar quality, was communicated, to the water, in consequence of some of these trees, having fallen into it, and, in course, certain parts of them dissolved, in the water, and held, by it, in solution.

such

such as its extract, and infusions, or tincture.

We find, from the most accurate experiments and observations, that water, is the most powerful absorbent of phlogiston, and fixed air, and that it not only takes these great principles of animal, as well as vegetable life, greedily up, but retains them, in solution, in which state *only*, they can be applied, to the great purposes of curing diseases, and of giving new vigor, to impaired life.

In imitation, of this great and wonderful process of nature, we now find, an age of intelligence,

gence, that professional men, are employed, in inventing *artificially*, the same thing; which, in situations, where nature's production, cannot be had access to, furnishes, an ample, and successful fund, of medical powers.

It appears, that the different constituent properties, of fossil, and mineral substances, as well as the calx of metals, give off their concentrated virtues to water, and are held, in perfect solution, by it, and in that way, fit to be administered, with great success, in different ways. This process, is to be quickened, and rendered more certain, by detaching,

taching, the *phlogiston*, and fixed air, by which means, we render a *disunion* of parts, commonly termed, *decomposition*.

What renders these medical preparations of nature, less thought of, and pursued, is, the circumstance of their effects not being altogether *evident*, from their slow progress, upon the human constitution, and joined to that, of their not being frequently pursued, with strict attention, a sufficient length of time, adapting them, sometimes, in greater, sometimes, in less quantities, and sometimes giving, a distinct period, of, remission.

If

If we take into our calculation, the persevering progress of a disease, whether it be an occasional, or chronical, one, we cannot but observe, that the circumstance of the length of time, which elapses, from its first access, to the period, at which these productions, are had recourse to, that, its progress, must be such, as, to require the hand of perseverance and judicious application, to effect, a permanent cure. Hence, we find, the best impregnated waters, both natural and artificial, frequently, neglected, and laid aside, because their powers, do not produce, an evident change, correspondent, to the

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patient's

patient's with, in twenty or thirty days, whereas, the disease, and obstructions, have been months, and frequently years, in forming.

I have known instances, where the tonic powers of artificial medicine have been tried, for the intermittent, and *proper fever*, unsuccessfully, for a long period, and where, those of the natural combination, have succeeded, permanently, by pursuing these some months, when the former, had been tried, a much longer time, which circumstance, clearly makes in favor, of the superior efficacy, of the

the latter, when rightly *adapted*, and judiciously, pursued.

It is very well known, and frequently observed, that particular subjects, have sensations of choice and aversion, and impressions, from medicine, peculiar, to themselves, and hence, we may evidently distinguish, that *morbid* stimulus, will excite, great variations, and very opposite, symptoms, as well as *specific* effects, and, therefore, to *adapt*, the treatment, so as to succeed, must be an object of the next importance, to that of ascertaining the causes of indisposition.

SECTION II.

D I E T, or, regimen, constitute, the chief, and *only* true support of the human body, in all its different states of progression, as well, in that of health, as, indisposition; and, therefore, a judicious, and intelligent, choice, in this instance, is an affair of singular consequence. All other appeals, to medical resource, are occasional and temporary, and their effects fugitive and evanescent; but, from this cause, we have more permanent, and determinate ones. We therefore, must regard, this subject,

with

with singular exactness, and attention, in order to form, just calculations, in favor of health, and longevity, as well, as the best, and most radical means, to recover the former, when impaired, and lost.

The habit of life, in respect to regimen, so far as regards the possession, and attainment of health, can *only* be known, by attention, and observation; attending to effects, will direct your decision and judgment, and, a single fact, in that instance, surpasses every distinction of science, *a priori*. The evidence of sense and feeling, should never be relinquished, to

the wit, or, the invention of men ; and however extensive, their knowledge, may be, in other instances, if they attempt, to interfere, in this, we may be assured, that it is very, defective. Till experience and observation, give us opportunities of learning, we must take the best guides, at hand, which are, no better, than *theory*, and *conjecture*, whatever *authority* and *sanction*, they pass under. Hence, it is observed, that at forty, a man, in regard, to what supports him best, must be able to decide for himself ; he is, *aut stultus, aut medicus*, either a fool, or a doctor. True knowledge, in every respect, but particularly,

ticularly, in that of the human constitution, can arise only, from simple fact, and observation, and does not depend, upon any other talent, than that of common intellect, directed, to these objects.

In the establishment of human policy, in respect to society, it is inconceivable, what a source of mischief, and actual disease, arises, from the circumstance of stated hours, and appointed periods, for the administration of this *support* and *comfort* of life. From *ill adapted* times, improper quantities, generally follow, as connected and certain, as one extreme, begets, another. The stomach,

and indeed, the whole intestinal parts, are vested with, peculiar powers and sensations, which should be consulted, and appealed to, as criterions, to guide our choice, in respect to diet, and they are, in their nature, as well as functions, salutary laws, and ought to be attended to, in every situation of health. Natural powers, are not to be estimated, nor guided, by the fetters of custom, or menaced, by the general rules of society ; no more, than the influence of pain, or pleasure, upon those of the intellectual faculties.

It must be decidedly wrong, in a common state of health, to
fix,

fix, and rest upon rules and calculations, in this affair of diet, as they must be adapted to the natural powers, and to them *only*; but, in that of indisposition, when we have one of the most vital parts of the body, which is the stomach, in a state of debility and convalescence; when it is offended, and indignant, to be confined, either to time, to quantity, and to quality, without regard, to the salutary indication of choice, is a measure, better adapted, to *pull down*, than, to *build up*; more effectually calculated to destroy, than to, renovate, and more successfully employed, to render a *poor* situation of health, miserable,

ferable, than to make it either accommodating, or comfortable.

Medical policy, in adopting a system of diet, so far, as it goes, to the exclusion of the common and general supports of life, is the most defective, and contemptible, as well, as nugatory, in itself. The general irritability, induced by disease, will certainly, be *increased*, and not diminished, by a hasty, or, injudicious abridgment, of the common necessities and comforts of life; and, hence, great regard, must be had, to the means of keeping up, and supporting the patient, so that nature's

ture's intentions, may be soon, got at, or, pointed out, to us; and her powers must neither be obstructed, nor interfered with: in this case, the disease will more readily come to its crisis, and termination. It appears, from every observation, and fact, that such are the powers of the stomach, in all states, as to render the more simple and uncombined nutriment, the best adapted, to it; and, hence, the less succession of things, to eat, at the same sitting, the more evident probability, of our not encroaching upon the first feelings of satiety, and, of course, the best way, to avoid, all excess,

cess, and surcharge, the foundation of great mischief.

The more pure, and unmixed, all nutritious parts are, the more likely they are of producing salutary support; and such as these, always excite, less irritation and stimulus, by not being long retained, in the stomach, indigested. The process of decomposition, which all food must undergo, before it can give off nourishing powers, is more simple, and sooner performed, and with less difficulty, to the stomach, if the alimentary substance, is of the native kind, and no other change given to it, than that of softening its parts,
by

by the common heat of water, and fire.

The vital principle, animal heat, and *phlogiston*, is produced, by the process of the dissolution, or digestion of all substances, whether animal, or vegetable, as both prove, to afford, very considerable quantities, of it. Hence, we find, this fail, in cases, where the aliment remains upon the stomach, without this *specific* change. Both kinds of substance, in this state cause morbid irritation, fever, and depression; for no recruit of vigor, health and spirit, can be produced, unless great quantities of fixed air, is detached,

detached, in the stomach, by the process of digestion, and this *vital* fluid, conveyed to the blood, for its life, and support.

SECTION III.

EXERCISE, is another resource of health, and, seems to be, one, to which nature has a variety of powers, adapted.—But, in this, we must make a very material distinction, and it must therefore, be considered, in a two-fold view ;—natural, and, artificial. Every situation of health, requires it, but, in some, the natural powers of the body, cannot be employed, to
procure

procure it, and hence, others must be devised, as nearly correspondent, to them, as possible.

It is observed, by anatomists, that muscular parts, particularly, become pale, decayed, and in a manner, in organic, by, a want of motion ; that when this is had recourse to, they re-sume, the red appearance, which nature originally gave them. Tone, and strength, action and elasticity, in every internal viscus, of the body, is also, acquired, when lost, and kept in a state of preservation, for health, and long life, by the same means. It is evident, in
 confi-

considering the structure and formation of the human body, that all its parts, are adapted to, and fitted for, exertion, which is particularly necessary, to preserve them, in a state, suited to their salutary offices, and secretions, in which state *only*, they may be considered, in a state of utility, and health.

Different organs of the body, not only become incapacitated, from performing their functions, from a want of due exercise, but, dispose themselves, to obstruction and disease, and some parts, have this disposition, so distinctly, that, it is hence requisite, they should be
sub-

subjected, to additional, or, extraneous exertion, which, the general system, may not admit of, without evident hurt, and disadvantage.

This kind resource of nature, this intelligent disposition of its organs, constitutes a power, to oppose the influence of disease, and, if, it is judiciously managed, and directed, may be made abundantly, productive of health, and long life. It is certainly left to the consideration, and intelligence of man, to proportionate and direct, this instrument, to its right intention and use, so as to produce beneficial effects.

Great regard should be had, while we are using this power, to a precise intention, that we do not expose the subject, to acquire another complaint, and render that case complicated, which was not so, when this treatment, was suggested. In every state of indisposed health, there is frequent change, and risk, of increasing cold, as well as heat; not only from deviations, in the atmosphere, but also, from the circumstance of *some*, and indeed, the most *vital* parts of the body, being more accessible, to these changes. Independent of this, we are to estimate, and consider, whether the exercise, is to be natural, or artificial,

tificial, whether of the whole body, or topical, and whether, in the common, or corrected atmosphere.

This affair, so far as it regards medical treatment, comes to us, particularly recommended, by, its amusement and pleasure, in passing away time, and must, independant of these advantages, impress us with strong ideas, in its favor, as we have hence, not only the prospect of bettering our condition of health, but also, the evident one, of innocent recreation, which is cheerful and pleasing.

The salutary effects of exer-
tion,

tion, must greatly depend, on the condition of the stomach, and first passages, in regard to the different states of *repletion*, and *inanition*; and, this also, must be estimated, by the state of the subject, at that time, and at that *only*.

The habit of body, indicates both the time, and quantity, *cæteris paribus*; that is, if no unequal circumstance, interferes. The gross and flatulent subject, should use free exercise, in the early part of the day, at least, in that state, when there is no food, upon the stomach, and when the bowels have been previously, evacuated. This period
is

is usually, in the morning, and generally is, the most remote, from repletion.

In the exhausted state of life, and where the habit is spare, and deficient, there should always be something, in the stomach, to support it, and give sensation of life and vigor; and hence, exercise will be best employed, at not a remote period, from dinner, particularly, after, every refreshment.

In no one instance of regulated life, are we to regard, any measure, before this, in respect, to *sensible effects*. It will be, certainly, found, that the ex-

ercise of plethoric subjects, should be adapted to a state of empty *viscera*, and the reverse, to those that are of a debilitated, infirm, state of health. Such as have weak organs, and defective powers, sustenance, should precede, exertion.

It is observed, that those, who have complaints of surcharge, and oppression, either of particular organs, such as the lungs, stomach, and bowels, are most essentially relieved, by *evacuants*, and abstinence; and, increased exercise, upon empty *viscera*, is adequate to evacuations, with this *essential* difference, in its favor, that the latter,

ter, is an agreeable employment, requiring a little retrenching, attended with permanent good effect, while the former, is *only* palliative.

It is, in this view, that cold bathing, is recommended, in the morning, when the internal organs, are most at liberty, to receive the *tonic* powers of elasticity, and increased pressure, whereby debilitated parts, will be, essentially, restored.

SECTION IV.

FRICTION, in every mode of application, from the touch of the hand, to the vesicatory, includes a very material part, of natural medicine, and has very great powers, both of relief and cure, in sundry cases, of ill-health.

A very noble author * observes, that motion and warmth, both of which, friction, produces, draws forth, into parts, new organization, and new juices, as well, as fresh circu-

* Lord Bacon.

lation,

lation, and hence, must conduce, to vigor and longevity.

Another writer,* of great eminence, who took his ideas, from fact and experience, justly observes, that the flesh, and conditions of animals, as well as, their milk, depends upon the quantity of friction, used daily, and that, with a much less quantity of food, they are, in better condition, with its use, than with double the quantity, when it is neglected. In some parts of the world, he relates, that they cure colds, in every stage, by it, and, chronical dis-

* Mr. Boyle, Philosophical Transactions, Vol. I. No. 12.

eases, by the same means, aided by the interposition of some other body, usually called *unction*.

Dr. Beale,* relates, singular successful cures, performed, by the application of the hand, in the mode of friction, and, hence, observes with great propriety, the success attending, the warm tongue, of a dog, in licking a tumor, or obstinate ulcer, and it hath been evidently conducive, to solve the obstruction, and heal the sore.

In the use, and application,

* Philosophical Transactions, No. 13, Vol I.

of this treatment, proper regard must be had, to a smooth, or a rough surface, to hard, and soft, as well as to an easy one, to that of an unequal, and difficult, one. Thus, for instance, over parts, that are ductile, and give way, to pressure, and are of unequal surface, there should be the application of elastic, soft, and compressible friction, for without it, the motion of the two surfaces, cannot *adapt* themselves, to each other; and actual warmth, must be occasionally added, to that which is attached to, and attends upon, motion. If obstructions be formed, either, in deep seated, or superficial, parts, they may
be

be both effectually removed, by friction, and motion, especially, in the latter, aided by some fluid, that has the power of facilitating it, and of being quickly absorbed.

An internal organ, will receive great effects, from this cause, but, in a more latent manner, and a less sensible one; chiefly, by the power of communication, usually, called, sympathy.

In many instances, we have so much debility, and convalescence, and the subject is so very irritable, from age, confinement, and long continued illness,

ness, that general exercise and motion, is inadmissible ; and, hence, we are furnished, with a very excellent substitute, and in many cases, the best. In the extreme parts of the body, and its surface, the skin, we frequently lose of sensation, of vital warmth, and motion ; all of which, may be certainly restored, and kept up, by the artificial motion, of friction.

It is observable, that the skin, especially, in gouty subjects, will often, be very *distractile*, and not suffer, any thing to *exude* and perspire. In such instances, a very successful mode of friction, may be adopted, by enclosing,

enclosing, in an oval box, with many perforations, a heated sponge, which has been dipped in hot water and vinegar. This box, is to be covered with flannel, and applied, in the form of a brush. The vapour, will plentifully diffuse itself, through perforations of the box, and through the flannel, that covers it; consequently, upon that surface, to which it is applied, and by the friction, aided with the effluvia, will induce a moist skin.

In many cases, the hand, is the best adapted, to excite warmth, and perspiration, but, that must be applied to such parts.

parts of the body, as do not yield much, to its action and pressure; and hence, it is not calculated to any part of the trunk, below the *sternum*. A mixture, of equal parts of oil and brandy, combined together, by shaking them, in a phial, will form a very good medium, to facilitate the motion of one skin, upon another, as well, as tend to excite more sensation, by friction.

In cases, where the primary and vital parts, such as the stomach and bowels, are much subject, to irritation, and atony; hence, arises indigestion, flatulence, and spasm, nothing
can

can dispose, to restore, the lost elasticity, and action, of these parts, so much, as frequent friction, adapted to the compressibility, and unequal surface, of that part of the body.

Too great, or too little, derivation of vital heat and circulation, will occasion, very distressing sensations, in these parts of the body, and frequently give origin, to many symptoms, correspondent, to those of actual disease, and which, too often, are mistaken, for it. Perhaps, nothing, is so well adapted, to give these organs, their proper tone, as the various methods of friction.

It

It appears to be no difficult arithmetic, to understand, that the different organs of the body, have powers, *peculiar* to themselves, and, hence, it must be evident, that when, they are in a state of indisposition, the method of treatment, must be directed, to them *only*; whether it be *topical*, or *internal*. We shall hence, be led, to observe, a very material distinction, between this, which is local, and that of a general doctrine, of diseases.

In estimating the effects of any one primary, or, original complaint, we must be led, to consider, the organ, to which

H it

it had, the first access ; and then, we shall be *right* and *successful*, in the application of the treatment. Thus, for instance, in the case of cold, and no disease, perhaps, is more frequent, nor does any, constitute the latent causes of so many diseases : we are to consider, what parts of the body, are most accessible, to the common effects of cold ; that is, in other words, what parts, are least protected, from it. Membranous parts, unquestionably ; and such, as lie most, in contact, with the state of the common atmosphere : such, are the common passages of the head, the *trachea*, or air passage, the *meatus auditorius*,
the

the *æfophagus*, and *ſtomach*, together with the inteſtines, kidneys, and bladder. Primary parts, that are affected, ought, therefore, to be the firſt objects of medical treatment, in order to obviate, the ſymptoms, in their firſt inſtance, and to prevent, their farther progreſs.

It is very well known, to common intellect, that thoſe glandular parts, about the neck, which go into a ſtate of inflammation, the firſt, upon taking cold, have been recommended to be well rubbed, with a view, to reduce them, and, if you pleaſe, with *faſting ſpittle*, which will facilitate the ſurface

of one *part* upon *another*, if it does no more. It is sufficient, to our present intention, to observe, that it generally succeeds, and there can be no doubt, but that it will, in more frequent instances.

We have observed, from the authority of Dr. Beale, that friction is applied, with particular success, in the Brasils, for the cure of all diseases, that of the violent inflammatory, such as colds, coughs, and fevers, in the common method of friction. In cases of the complicated kind, usually called *chronic*, with a soft medicine, such as ointments, liniments, vapours, &c.

&c. And, it is related, that the instances of success, are general, and frequent.

SECTION V.

IT is now, to be considered, what may be the most judicious and accessible method, of treating, successfully, particular organs, which have been long subject to disease, irritation, and morbid affections.

In long continued indispositions, the subject becomes tired, of the common methods of medical direction, from circumstances of disgust, and natural

inquietude, as well, as from a want of change, and hence, custom has adopted, and almost reconciled, the mode of sending the patient, to places for a *recess*, such as Tunbridge, Buxton, Cheltenham, Bath, Malvern, Nevil-Holt, &c. &c.

Perhaps, there never was a better invention, to succeed, in every way, essential to salutary intentions, provided, the *seat* of the indisposition, is ascertained, and the actual powers, of these natural medicines, exactly known. Without the possession of this knowledge, together with a just estimation, in regard to the time, and growth of the disease,

disease, as well, as to that of the powers of the medicine, this pleasing, and accessible resource, will be sought after, in vain.

The time within the period of the twenty-four hours, best adapted, for drinking these medicines, the quantity, and above all, the *effects* of them, constitute matters of consideration, and of real importance, together, with that of estimating, a time, for their use, adequate to the existence, and duration, as well as progress, of the disease.

Human health, can never sustain more mischief, nor greater

depredations, than that which happens, in a state of disease in the *stomach*, and *primary intestines*; the office, and use, of the latter, being correspondent, to that of the former. Various, and truly distressing, are the symptoms, arising from primary affections, of these material, and vital parts. Gouty complaints, in all their variety of attacks, piles, &c. are only so many symptoms of *atony* and *incapacity*, as well as *irritation*, of these organs. Indigestion, producing every mischief, to these material organs, as well as a total defect of, nutrition, together with obstructions, in the dependent, and adjoining *viscera*,

cera, are pathognomonic symptoms.

To enumerate, and instance, the multiplicity of ill-health, arising from this simple origin, would be an endless, as well as an indignant task; we shall therefore mention, what is evident, to every state of intellect, from the philosopher, down to the idiot, which is, that every page of writing, has been examined, and the assistance of every medical practitioner, sought, from the most eminent physician, down to the illiterate *charlatan*, in order, to alleviate this complication, of human misery.

The

The powers of friction, together with that of other exercise, joined to the liberal, and continued use, of these restorative waters, which have for their basis, and constituent parts, fixed air, holding, in solution, metallic bodies, afford, by far, the most successful treatment and cure, for all chronic disease.

I wish to define, my expression, in this instance, by chronic disease, I mean one brought on, and fixed, or rendered permanent, as it were, by occasional, and frequent attacks, originating from accidental causes, not dependant on, nor connected with, any defective structure
of

of particular organs.—By way of illustration. If a patient, has got, what is commonly called, a bad state of health, from frequent attacks of cold, fever, indigestion, vertigo, weak bowels, &c. a tender irritable constitution, and this combination, goes on, from time to time, so as to produce a state of debility, weak spirits, and a general want of vital powers, and a derangement of sleep. With this state of health, which I should call a morbid constitution, after some fruitless efforts, from artificial medicine, it is decided, that recourse shall be had, to some particular water, of medicinal powers, as a probable

bable method, to restore health. This is an important period, for directing a *concurrence* of treatment, for succeeding, and here, we shall have, to observe, the intelligence of the physician, in directing the attention of his patient, so as to insure success. We will therefore *specify*, a few general instances, *adapted* to prevailing, cases.

In cases of debilitated organs, such as a flatulent weak stomach, with irritable, weak, or obstructed viscera, arising, either from age, or an impaired constitution, which is the same thing, with respect to effects, in a great measure. When the
 natural

natural powers of the body, are not adequate, to nature's intentions, and nature's laws, whether the case be calied gouty, or not, I know of no treatment so judicious, and well *adapted*, as that of taking, from the natural fountain, one, two, or three pints of water, every twenty-four hours, for six, or nine months. Sometimes that of Buxton, sometimes that of Tunbridge, and sometimes that of the Bath.

Nature, has been intelligently kind, and beneficent, in regard, to the structure of some of these situations, being wonderfully adapted, in themselves, to a state
of

of indisposed health. They are high, situated upon chalk and marle, which diffuse no moist *effluvia*, and are therefore, in a state of more *divided*, and *equal* atmosphere. A tender state of health, requires this situation, in a very essential manner, and *nature*, hath here, as she does, in other instances, kindly anticipated, the care of *art*.

Buxton, appears to be the *first*, though nearly the *least*, of the accessible methods, of natural medicine, in this country. It is justly termed, by a very intelligent author*, the Anglo-

* Dr. Pearson.

Appenine, in regard, to situation, and production.

The native warmth, excited in the structure and combination of the earth, by which, the waters, receive their impregnation, and efficacy, is particularly sensible, and great, by which means, it appears to hold, in solution, at the fountain head, very great and efficacious powers, and these were certainly known, and held, in great estimation, at a very remote period, when, a great queen*, famed for literature, as well as beauty,

* Mary, queen of Scots, who, in imitation of Cæsar, in describing *Feltria*, composed the above *distichon*.

who,

who, visited, this famous, production of nature, gave this expressive description of it.

Buxtona, quæ calidæ celebrabere nomine
 Lymphæ,
 Forté mihi, posthæc, non adeunda, vale !

In Camden's time, the post way, or high paved street, named, Bath-gate, which extended seven miles, was particularly, noticed, as being a vestige, of its ancient use, and celebrated efficacy, and Philemon Holland, the first translator, of that famous writer, reduces the above Latin, into English, in the following expressions.

“ Bux-

“ Buxton, that of great name shall be,
 for hot and wholesome bain,
 Farewell, for I perhaps, shall not thee
 ever see again.”

The event of this anticipation, proved, as prophetic, to the queen of Scots, as the like did, to Cæsar, when he wrote in a similar way, at *Feltria*.

SECTION VI.

THE restorative and tonic powers, of these waters, are very great, and cannot fail of producing, very eminent instances of success, if their use,

I be.

be continued, with a regular persevering hand, and the intention, properly concurred with, in other instances. Obstructions, of the worst tendency, those of absorption, particularly, will be totally reduced, by drinking them, liberally, and the impaired organs, will be perfectly restored, to their due tone of action, and their natural functions, re-sumed, by their deobstruent powers.

We have frequent instances of debilitated organs, and many troublesome symptoms, attending subjects, from 50, to 60 years of age, which precede, a state of general disease and decay.

Such

Such as indigestion, flatulent stomach, jaundice, gout, piles, &c. These complaints, if not obviated, and removed, entail a lasting state of impoverished health. Under such circumstances, perhaps, no medical resource, is adequate, to the slow, but effectual powers, of those natural combinations, residing in these waters. Their constituent properties, are such, as are allowed, by the universal testimony, of the first practitioners, to be favorable, for restoring, impaired organs, and for resolving, obstructions, particularly those of the *chylopoietic viscera*. Very considerable quantities of iron, are held, in a state of solution,

lution, by fixed air; the first containing, very considerable powers, of the bracing and tonic kind; the latter, very *specific* ones, of acting upon, and of being received into, the most minute parts, of the vascular system; and these being united, to other medicinal combinations, a power is formed, sufficiently efficacious, to restore the lost and debilitated organs, of the stomach, and its appending viscera, to their natural tone and action; and, to concur, with those salutary powers, which reside at all times, in the body, in restoring it, to perfect health.

Piles are a frequent attendant, on decayed health, and distinctly prove, debilitated parts; and no treatment, is so successful and efficacious, as the very reverse, of that which is usually, employed. Riding on horseback, or any motion, adequate to it, is certainly the best cure; and the effect of this is, to give a *tone* and *action*, to the relaxed parts, by which means, they will resume their natural situation, office, and powers. It must be evident, to every one, that easy laxants, are necessary, and to be used, at this time. If there is great pain, and symptoms of inflammation, the application of leeches,

may be useful, where they have been much neglected, or that of the Saturnine Wash, *cold*: as this preparation, like all others, from the calx of metals, appears, to have considerable affinity to *Phlogiston*, and by that power *only*, it abates, in a *specific* manner, all inflammation.

A single fact, from observation, and experience, is really worth a thousand reasons; and in this instance, violent exercise, most certainly succeeds the best, and that of riding, on horseback, is the most, accessible.

It happens, in this instance, that fact, and reasoning, correspond-

respond, in respect to the use of the Saturnine Wash. The first, is proved, by experiment, and the latter is illustrated, by observing, that there is a power of attraction, or what is called, *affinity*, between this preparation of lead, and that preternatural heat, excited by inflammation. --- But, it is of more consequence, to mankind, in the helpless and forlorn state of disease, to cure them, by an observation, derived from experience, than to state a long train of reasons, or distinctions, even of the best kind.

In the case of flatulence and indigestion, arising, as it always does, from debility, and irritation, together, with frequently, an inflammatory disposition, as, is evident, from sensations of heartburn, I know of nothing, so judicious, and right, as to give this *offended* and *indignant* organ, but little, or no trouble, with food. Leave it to its own efforts, and it will prove, to be the best doctrine, to *abstain*. In gouty, and asthmatic cases, we often hear the patient declare, that if they could live, without eating, they should not want the Doctor.

It

It is so essentially necessary, to keep the stomach, with very little support, of solid and nutritious food, such as produces heat, that we should devise some method, to take off, if necessary, its sensations, for it; in order to obtain a cure, and I can point out one, where I have seen, not only an asthmatic cured, but one, complicated with dropfy, and in this instance, we may remark, the wonderful salutary power, in the human body, which a learned author* has given a particular name †, that is ready, and will exert itself, in the cure of the

* Dr. Nicholls.

† *Anima Medica*.

most diseases, if left to its own efforts. The presence of food, in these cases, independent of every thing else, is certainly *nugatory* and *pernicious*, and defeats its own intention, and hence the desire, for it, should be prevented. In the instance, I have to relate, the patient, like the late Dr. Macauley, had relinquished every hope, except that arising from *starving*. He always kept, chewing, either Turkey figs, or Muscadine raisins: without intermission. Sweet things are fasting, and it proved so, in this instance. Morning, noon, and night, the patient was chewing, and sometimes, swallowing, the pulp ;

pulp; sometimes ejecting it. The desire for food, vanquished, totally. He had not a sensation, for it. The failure of strength, was obviated, by less exercise, and in ten weeks time, the disease was radically cured.

A great deal of speculative theory, and reasoning, might be offered, upon the face, of this successful case, but I shall dispense with it, except, observing, that we have an instance, of very rapid absorption, of watry dropfy, and a cure performed, in a very short time, in a very eminent author*, whose sagacity, and candour,

* Dr. Mead, *Monita et præcepta medica.*

surpasses even, his unrivalled, reputation. This critical effort of nature, succeeded, in as many hours, as, in the former case, took weeks, but it must have happened, through the same means, and by nature's own powers. It appears to me, that this patient, who chewed a great deal, in course, must have sent a great deal of *saliva*, into the stomach, with his figs and raisins. This secretion, is known to possess singular properties, as well as particular powers. How far its *stimulus*, might tend to excite the absorbents, to action, is a matter, I leave to the decision, of others. The asthma, I take to be carried off, entirely

entirely, by the abstinence, and, to have been totally distinct, in its mode of cure, from that of the dropfy.

It is evident, that asthmatic complaints, must arise from a surcharge of vessels, consequent of repletion, and so do a great train of other diseases, It is clearly so, in this, from the relief obtained, by increased secretion, by frequently evacuating the stomach, and by the beneficial effects of, *abstinence*.

The most eminent physician this age *, has acquired infinite reputation and success, in estimating this, affair of food, as a

* Sir Richard Jebb, Bart.

cause of numerous diseases, and to the honor of his intelligence, and sagacity, regulates his rules of practice, by dealing out, liberally, the occasional doctrine of *abstinence*, and frequently forbids, with great propriety and judgment, animal diet, and also, solid food.

SECTION VII.

ORAL, and *traditionary* expressions, often convey, very distinct and rational intentions, well deserving, to be held, in remembrance and use. We frequently hear people say, that such food, as cheese, bacon,

con, falt meat, &c. breeds phlegm, and makes them ſhort-breathed. The fact, is evident, and has the full testimony of ſcientific calculation, as well as that of, ſimple obſervation.

We conſtantly find, ſpecimens, of an unfinished digeſtion, in ſuch ſubjects as have irritable, and aſthmatic habits, days, and even weeks, after too much animal food, has been taken, together with troubleſome ſymptoms, intervening. This clearly indicates, the frequent neceſſity, of a ſpare diet, as well as that of emeticks. Not only the natural evacuations, will be prevented, from this cauſe, but
also,

also, the secretions, impeded, by it. I know an instance, of long standing, where, if the stomach and primary organs, have been inflamed, and irritated, with improper food, the patient has not the usual secretion of urine, till the offended organ, is relieved, which proves always, to be surcharged.

The Gout, which is allowed to be a temporary inflammation, and is, probably, that *only*, but particularly circumstanced, and like fever, may be justly defined, by the name, is, variable, in its form, and modes of access, by the various circumstances of the subject, and, is best obviated,
by

by, a total restriction of animal food, or, at least, giving it in such small quantities *only*, as to prevent stimulus and irritation; for the stomach, in all such cases, appears to be, in a state of inflammable irritability. Hence, dejection, heart-burn, flatulence, constipated bowels, &c. Fixt air, combined with water, either, in the natural state, or that of impregnation, affords a pleasant and accessible remedy, and a very efficacious one, in the gouty fever, and inflammation. Its powers, are tonic, and it discharges, all the confined air, from the stomach, which by being retained, causes a great deal of uneasiness, eruc-

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tation,

tation, and heat. Its tonic powers, render it peculiarly grateful, and refreshing, to the patient, and its passing off, by a quick secretion, it attracts, and carries with it, a great deal of heated stimulating lymph, from the blood.

When the gouty inflammation, has taken up its residence, in the remote parts of the body, it will admit of a very successful, as well as expeditious cure. If the parts are enveloped with flannells, moistened, in the warm saturnine lotion, prepared with hot water. It is a certain and established fact, that the calxes of metals, particularly,
that

that of lead, have an affinity with *phlogiston*; in another word, with inflammation, and consequently, attracts it, in a rapid degree. Hence, if the flannels, are changed, as often, as the warm fluid, evaporates, the pain, inflammation, and swelling, will be radically cured; and, without any one risque, of its being premature.

There appears, to be something, exceedingly frivolous, and contemptible, in that system of calculation, which has been so much fangled, and introduced, in regard, to the power of gout, in carrying off, or preventing, *other disorders*. The

fact is, we see the gout, like all other, diseases, in its simple and complicated states ; we see it without, and we see it, combined, with other complaints. We also observe, other disorders, precede ; and follow it, and, which, are neither brought on, nor cured, by it. It certainly is no other disorder, but that of a texture with those of the occasional, and symptomatic kind : and like others, of this denomination, is, sometimes slow in its attack and progress ; sometimes sudden and violent, and sometimes of a long, or a short, duration ; depending, upon other circumstances of health, time of life, cold weather,

ther, and various pre-disposing, and concurring, causes.

There is one thing obvious, in the care and treatment, of this disease, and which, unless, it is exactly regarded, both by the Doctor, as well as the patient, must render it, additionally, complicated. This is, to estimate, and consider, other circumstances; such as, the life of the patient, and the common, or general complaints. Unless such affairs, as these, are brought into recollection, I will be forward enough, to affirm, that the sequel of the treatment, will be correspon-

K 3 dent,

dent, to that of the *blind*, leading the *blind*.

SECTION VIII.

CALCULI, or stony concretions, are frequently attendant, on gouty subjects, and especially, those towards the declining part of life, and often arise, from debilitated organs.

Whatever passages, or cavities, they form in, whether in the joints, or, interstitial parts; whether in the kidneys, or bladder; they originate from, and are constituted of, the same matter, and form a particular
Diathæsis,

Diatbæsis, in the habit. All formations of this class, are the same, except those of bile. Bilious stones, are formed, of bile concreted, and nothing else; whereas the gouty concretions, those of the kidneys, and bladder, are formed, by a combination, called *selenite*, which is, a union of acid, of the vitriolic quality, and, earthy matter. There can be, no doubt, but that a habit of body, in this state, may be as completely, and radically cured, as an intermittent. If the intentions of cure, are *adapted*, and followed *up*, by exact attention. It is impossible, to instance, and enumerate, the treatment, upon

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paper.

paper. For though the disease is, *specifically* the same, with respect to effecting this singular production, yet, various causes, concur to produce it, and these, must be objects of inquiry, and attention. So far, as regards medicine, we have to observe, that the fixt vegetable alkali, such as the salt of tartar, taken in a state of solution, twice in the twenty-four hours, in the quantity of thirty grains, will *tend*, to prevent the future formation of *calculi*, as well as, to dissolve, those that are already, formed. The *process* of its *operation* and effect, is exactly thus. The vitriolic acid, which is observed, to be one
of

of the constituent parts of the calculi, will be attracted by, and unite with, the alkaline salt, by *affinity*, or chemical attraction, and thus the combination, which formed the substance of the stone, is broken and dissolved. The earthy parts, are again detached, and loosed, and the union of the vitriolic acid, with the fixt vegetable alkali, forms a substance, perfectly soluble, and not admitting, any tenacity of parts. Here then, is an evident cure, for the calculous concretions, so far, as regards a *solvent*; but that *alone*, is not adequate, to its being radical: To effect this, it must be estimated,

mated,

mated, how far the organs of digestion, absorption, and secretion, perform their respective office, and function, and in what *respect* they are defective, or redundant.

SECTION IX.

THERE, is no circumstance in life, that affords so plentiful a source, of indisposition, is so various and complicated, as that which arises from, the cause of common cold. Nothing, is more easy and accessible, than the means of preventing this, and nothing more distinctly obvious, than the

the treatment, it requires, so, as to prevent it, from leading, to the common consequence of *defluxion, catarrh, and pulmonary consumption.*

Attention, to habits of life and dress, is not adequate, to the variety of atmosphere, or, even, to its sensible effects; but, to consider, which way we are most accessible to cold, what parts of the body, are most exposed, to the atmosphere, and in contact with it, and, to direct our care, to these *alone*, is an affair, very intelligible, and perfectly, within access.

In

In very cold weather, we observe, that the air, passing from the lungs, in respiration, does not dissolve, in the common atmosphere, and therefore neither diffused, nor held in solution, by it; but, is condensed in *a column*, and, as it were, precipitated, or kept suspended, so that we breathe, the *phlogisticated* air, a second time, especially, if we stand talking, in the open atmosphere.

In this state of weather, colds and inflammations, are almost constant, unless we guard, the common passages, in some measure, adapted, to breathe the atmosphere, a little corrected :

corrected : or, having received this certain, and almost unavoidable effect, proceed to relax and take off, the inflamed surface, of the parts, by breathing, in, rarified effluvia, such as the vapour, of warm water, at night, with a little addition of vinegar.

This simple and accessible treatment, will prevent the parts, which from their nature and situation, must have taken cold, from going into a state of inflammation, and consequent secretion, so that the cold, will be obviated and cured, in the first instance.

The stomach, which must be considered, as a primary and vital part, should be well protected, in very cold, as well, as, very moist, weather, by frequently taking, a small basin of some warm diluting drink, and, to sup it up with, as much vapour, as possible. This will contribute to keep it, distended, as well as, supported, whereby, the access of cold, damp, or morbid air, will be, in a great measure, impeded; and, I have no better security, within my estimation, against the pernicious tendency, of all diseased air, effluvia, cold, damp, &c. than, that of keeping something
warm

warm, constantly, in the stomach.

We find a farther additional advantage, and security, against cold, in this treatment, which, is, that it keeps up a warm surface, and a tendency, to perspiration, in all the extreme parts of the body; a very material circumstance, especially, in the decline of life, as it is obvious, to every degree of intellect, that if your feet, are cold, the whole body, is frequently, chilled, by sympathy.

It is evident, to every body, that if water is, poisoned, it will poison them that drink it. We
have

have frequently a foul, if not a poisoned air, to breathe, and hence pernicious effects must follow, unless we use the precaution, to prevent them.

Old people, should never go out, either in *very* cold, or *very* moist air, and without taking warm broth, jelly, or some animal parts, in a state of expression ; and that frequently. In fact, in very old age, they should take a great deal, in this fluid state, and perhaps, their whole sustenance, as, it is best adapted, to the organs of digestion, in this debilitated state of life. Hence, it is received into the system, without so much

much *stimulus*, or giving, so much time, to digest, and to be conveyed, to the intension of vital support, as it must occasion, in the state of animal substance.

The gradual, and evident wasting, in old people, indicates a more frequent, and quick supply, of vital parts, and such as are *adapted* to, debilitated organs; and hence, we are, led to observe, with a very great writer* and philosopher, that frequent repletion, of food, which requires little digestion, is necessary, to supply the defect, and decays, of old age.

* Sir John Pringle, *dissertatio de marcor e senili*

SECTION X.

UPON lessening the quantity of solid food, in the case of exhausted powers, it should be allowed, to be more nutritious; and hence, jellys, made of animal substance, and other animal expressed juices, are to be substituted.

Malt liquor, such as good ale, if it agrees, is certainly, a very excellent drink, particularly, at night. It helps to finish, the digestion of the day, and conduces to sleep. It
also

also disposes to keep the bowels, somewhat lax It contains a great deal of fixt air, of the best kind, being purely vegetable, and when not too old, it has a great deal of the mucilaginous parts of the malt, which are bracing, and nourishing, and contain a great deal of support.

The horizontal posture, is particularly conducive, to the support of age. A great deal of bed, is literally, the old man's best cordial. In a state of indisposition, from cold, this is a most material assistant, to a speedy recovery.

Old people, must be their own physician, by observation. A draught of warm cordial liquor, at night, to procure sleep, is better than an opiate. If they are inclined, to loose bowels, either from indigestion, or a gross habit, a little *abstinence*, will be the best cure. Never fill the stomach, at one time. Soft food, and boiled vegetables, of the most nourishing kind, such as rice, broth, and asses milk. With this disposition of habit, lye a good deal in bed, but thin people, if not in the decline of life, should rise early.

The time best adapted to
exercise,

exercise, is after food, with thin exhausted people, and before it when there is obesity. The vital parts, such as the heart and lungs, stomach and intestines, will be the least thrown into a state of irritation and fever, in the latter, when empty, but, with the former subjects, those parts, particularly the hollow *viscera*, should be sustained, by the presence of food, and nourishment, and, in that state *only*, irritation and fever, from exercise, will be avoided.

Upon taking cold, the spare subject should have great abundance of *diluent*, with the hori-

zontal position, which conduces, greatly, to a state of diffusive perspiration : but the corpulent should have less drinking, and, more rest, which, will be adequate, to the same effect, in which *alone*, consists the cure.

In both subjects, and in all states of age and condition, nothing will dispose, so effectually, to obviate, and remove, the effects of cold, as breathing, in a warm and rarified atmosphere, and, to this intention, there should be a fire, in the room, where the patient sleeps, in very cold weather, especially, particularly, if there be any disposition of *asthma*. These com-
mon

mon passages of cold, such as those of the head, especially, if there be a difficulty of breathing through them, those of the chest, stomach, &c. are always inflamed. These parts, should be steamed, or fomented, with vapour, either, by breathing over the surface of boiling water, with one fourth part of vinegar, or, by keeping a large sponge, dipped, in the same, every day, inclosed in a warm cloth, before the face and mouth, from which will issue, a great deal of warm vapour.

If costiveness, attends age, it should be obviated with an enema, and not by a medicine,

taken, at the mouth ; unless there be evident appearance of the cause, originating, from the first passages. In that case, a small quantity of rhubarb and aloes, steeped in mountain wine, will make the best medicine, to most intentions, of this kind.

The best way of preparing a medicine of this kind, will be, to take, half an ounce of sliced rhubarb, and two drams of socotrine aloes, bruised, and steep them, in a pint of mountain wine, for six days, often shaking the bottle. One, two, or three table spoonfulls, for a taking, occasionally.

SECTION XI.

IT has already been observed, that the effects of common cold, are such, as to lay the foundation of many dangerous diseases, in a variety of instances. Asthma and consumption, in their various stages, constitute, and make up the chief,

I am very clear, from accurate observation, that *abstinence*, *diluent*s, and occasional *emetics*, will succeed, beyond every thing else devised, in obviating, and eradicating, these formidable complaints. This assertion, corref-

corresponds with reason and medical theory, in every view. The stomach, and its passages, are always inflamed, in these disorders, and therefore, altogether unfit, for the reception, as well as, inadequate, to, the office of digesting food. Hence, it is perfectly nugatory, and pernicious. These parts, being inflamed, as well as those concerned in respiration, they must, in course, be in a state of *increased secretion*, in common language, full of phlegm.

Hence, the obvious necessity of emeticks; though even these [will not be so much wanting, if the first doctrine, is *exactly* complied

complied with. In respect to diluents, they contribute, both to the support of life; and, to that of *fomenting* the inflamed organs, by which means, the inflammation will be *abated*, and the parts *allayed*, by having their irritability suspended, and taken off. They farther tend, to induce, and keep a *secretion* by the skin; a very essential way, to prevent internal inflammation, from going on.

When the *evil* of ill health, becomes habitual and familiar, we are led into habits of accommodating ourselves to them. I have known asthmatic and consumptive people, declare, that,
if

if they could live, without eating, the disorder would be cured; or, at least, very supportable. If, therefore, we can keep the stomach, in a state, so as to have no sensibility of hunger, and no sensations, to excite the desire of eating. I apprehend, it may be an effectual means, to obviate, this unfortunate circumstance, and hence, do an essential service, to the patient.

It is frequently directed, for stick-liquorice, raisins, and figs, to be prepared with *ptisans*, in these cases. Suppose the patient, is recommended, to keep chewing, these substances, for a few days, almost constantly.

The

The pulp, or constituent fibrous parts, may be ejected, or occasionally, taken. I am clear that the stomach, will not desire food, but will be sated, without it. If the drinks, are farinaceous, and frequently, taken, there will be very little diminution of strength, in consequence of this treatment, more, than there must have been, from the increased action, in the vascular system, and feverish *diathæsis*, if the reverse was admitted.

The calculation, between days, and weeks, in the cure of indisposition, is seldom made by the patient, so that it ends
well,

well, at last. But, I will maintain, both in fact, and observation, as well, as in theory and reason, that most, cases will have a salutary termination, with this treatment, in a very few days, assisted with warm cloathing, and dry feet.

In this climate, when variations of atmosphere, are so frequent, and when we can depend, so little, upon calculations, in regard to heat and cold, moist and dry, a still, or a brisk air, I do not know, so certain and excellent a preservative, against the effects of it, as that of protecting the surface of the body, by frequently, if not constantly wearing,

wearing, a callico, or cotton garment, and sometimes one of fine flannell, next the skin ; and also, wearing, wool socks, to the feet; which have a power of retaining warmth, and of expelling damp and cold.

As the affair of preventing indisposition, of any kind, is far preferable, to that of considering, a cure, I cannot, but observe, that if our attention, be directed, judiciously, to the former intention, we shall have a much greater source of enjoyment, than by seeking the latter, and therefore, shall take my leave of this part of my subject, by recommending the

security

security of dry feet, and a warm, protected surface.

SECTION XII.

T H E revolutions of seasons, are periods, when particular regard, and attention, ought to be given, to the habit of living, in a *state* of *variable* health, as well, as, to the covering of the body,

We ought, to be particularly diligent, in the vernal period, with regard to both diet and cloathing, as well as to situation; as some of the latter, are decidedly more, in favour of health,

health, particularly, in a state of old age, or infirmity, than others.

The most important precaution, I know, is that of getting to bed, early; as the damp, and cold, from the evaporation of the surface, is considerably increased, at night. Next to it, to take a light diluting supper, and that not sparing, in order, to keep the stomach supported, during the long night, and to keep up a proper warmth in the extremities, and, a *lax* surface. This state will constitute the greatest security and preservative, against the common cold, and inflammatory

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disposi-

disposition, so prevalent, in the vernal months.

A greater quantity of boiled vegetable food, than animal, *cæteris paribus*, will be best adapted, on account of the general prevailing cold easterly winds, inducing an inflammatory state of fluids, joined, with liberal diluents. To obviate symptoms of inflammation, occasional bleeding, must be had recourse to. Keep as much from the common atmosphere, as possible, except, when the sun shines, and then use exercise, in it, as much as is compatible with strength. The exercise, must be of the kind, that is
most

most accessible, and best adapted, in regard to the two-fold effects of being *agreeable*, and *agreeing* with, the constitution of the subject.

As to situation, it ought, at all events, to be as free from moisture and exhalation, as possible, and to this intent, a little elevated, and not near stagnant water, or *swamp*, the better. The vicinity of London, affords several situations, very favourable, for this purpose. Kensington, Brompton, Chelsea, and Fulham, are sheltered, by the surrounding ridge of hills, and in course, the severity of cold, from these eminences, much avoided.

In favor of these, there is the additional circumstance, of a sandy soil, from whence there is less evaporation, and, these places are accessible, to London. Occasional resorts, to these places, in the vernal months, will certainly be advantageous, in every respect; as we observe, that early vegetation, and returning life, appears more early, considerably, than in the more easterly, and northern parts. I have observed the double-blossom'd almond tree, in bloom, at Chelsea, at least a month or six weeks sooner, than at Hampstead, Hendon, or Kentish Town. This circumstance, clearly indicates, a favourable situation,

situation, to a state of tender health, in favor of a warm, as well as, a dry, atmosphere

Independent of this evident advantage, there is that of its being a change; amusing, accessible, and pleasant; and like all other pleasures, not to be thought of, nor sought after, too often; being conceived, to be requisite, at one part of the year, only, that is, the early spring. Changes of situation, so far, as they contribute, either to amusement, or health, must be chosen with, care and delicacy. Their choice, must depend, a great deal, upon circumstances of health, and even

with its possession, in the best state. they must not be resorted to, very often ; or to satiety, otherwise, they will defeat their own object, and intention. Dr. Mead *, has a very just observation, upon this subject, and intimates, how we are to *adapt*, this resource, which the bounty and intelligence of Providence, has thrown in our way, so, as to be productive of its right use, and happiness, to mankind. It has often been, an affair of amusement, and pleasure, to me, in observing the frequent good effects, of removing

* *Voluptates commendat, rarior usus,*
Monita et Precepta Medica. Page 306.

moving a person of weak, and indisposed health, to one of these situations ; particularly, in the early months of spring. Change of object, change of air, change of things, to contemplate, and other variations, all contribute something, in favor of the patient, and when it is considered, that this something, is not to be found, but, by this change, I apprehend, that the propriety, of the measure, is too evident, to require, farther demonstration, and proof.

After the vernal period, has advanced ; as is usually, the case in the month of May, then the atmosphere, will be render-

ed better, for a farther advance, into the country, to meet, the soft and sweet effects of vegetable life, in all its various operations, and salutary progression; and to retire from it, when that period, of vegetable life, and health, is at a recess, and temporary end.

SECTION XIII.

In the autumnal periods, we have, to observe, that an early recourse, ought to be had, to additional warmth, upon the surface, of the body, with a view, to obviate, and prevent, that *sensible* change, which must,
and

and does, take place, in the common atmosphere.

Early fires, in autumn, are particularly necessary; as we are to consider, that the occasional damp, and vapour, arising, from frequent rainy, and moist days, hath never been rarified, and done away, by fire, in the summer season; so that there is always, an accumulation, of damp air, in moisture, partly, from that of the night, and partly from that of moisture, from rainy weather: and sometimes, cold with it. We are likewise, to estimate, that the evenings, beginning to get longer, there is less sun, and consequently,

frequently, less dry air: and hence, we become, obstructed, in the surface, and chilly, from the absence of the sun, and from moist air, collected, and condensed, upon the surfaces of paper, wainscot, and plaister rooms. This circumstance, makes up the chief source of colds, and feverish indispositions, which we find, attendant on those, that have a mixt residence, in town and country. They come, to London, to inhabit damp walls, damp floors, and frequently new painted rooms, not sufficiently exposed to sun, or a dry air. Hence, we find, that as soon, as they come, to live in town, they are indisposed,

posed, with the effects of cold, in some, way, or another. Local pains, generally called, rheumatic. Intermittent fevers, usually called autumnal; for no other reason, than that they are contracted, from this circumstance, in respect to time, which in regard to effect, would be, exactly, the same, at all periods of the year.

Opthalmies, and head aches, I have observed, to originate, from this cause, which, with others, sufficiently indicate, a careful attention, to this period, of the year.

To bring the habit of body,
as

as near, as possible, to the same sensations, and, to keep it, in the most uniform state, is the most material part, of attention, in order, to enable it, to pass, the different progressions, of seasons, with as little deviations, as possible; and, these, by gradual, and imperceptible progressions.

The stomach, has particular powers of sympathy and feeling; and I have frequently observed, that it is the first organ, to intimate, the approaching season of moisture and cold, and by an early attention, to the state of this organ, I have, clearly, seen, worse consequences, anticipated:

cipated. It appears, hence, that stomach evacuants, are particularly necessary, in this season, as well as gentle tonicks, I believe they are ; and, therefore, recommend them.

But the most careful attention, ought to be paid, to those consequences, that always attend, a diminished evaporation, by the skin, such as cough, asthma, and surcharged lungs, together with a prevailing disposition, in, the bowels, to laxity and *diarrhœa*. The increasing elasticity, in the atmosphere, together with that of cold, and damp, in the autumnal season, so much dispose,
to

to diminish the secretion, by the skin, that hence, must arise, an increased derivation, to these internal organs, the viscera of the thorax and abdomen, the clear consequence of which must be, catarrh coughs, defluxions, and loose bowels. These make up the general prevalent indisposition of this season of the year.

To prevent and obviate, this state of health, we ought to begin very early, with additional warmth, upon the surface. To keep the skin, as nearly, as possible, in the same state, with regard, both to vital heat, and perspiration. To keep the feet, well

well protected, against damp and moisture, whereby the natural exudation, that way, may be retained, and kept up, to promote which, occasional recourse, may be had, to the foot bath, at night, with wool stockings, or socks, for the day.

By a cautious and judicious attention, to the first month, of the autumnal season, you will obviate its unfavourable tendency, and enable the subject, to pass over the ensuing winter, with great prospect of regular health, and through want of it, hence, will begin, a train of ill symptoms, that will probably lay a foundation, for the very
worst

worst state of it, through the succeeding periods, of this dreary season. A little increase of rest, at night, will greatly contribute, to prevent the ill-effects of diminished warmth, in the air, by inducing, an increased disposition, to perspiration. The horizontal posture, is particularly favourable, to this very salutary secretion.

SECTION XIV.

IT is very observable, that the effects of imagination, and the impulse of idea, have very particular powers, in *increasing*, more than in *diminishing*, the
exacerba-

exacerbations, of disease, in all its stages, and progressions. Hence, it becomes, a very essential, and important object of attention, to direct and manage the subject, in this state, so as to prevent these powers, from interfering, with those of nature's own intentions, and so prevent her efforts from taking place, as well as those of medicine. The functions and powers of the human body, are such, that, in a state of morbid irritability, they will become retrograde, and natural intentions, defeated, by the common influence of apprehension, fear, and terror; and, indeed, we have memorable instances of

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extraneous

extraneous effects, from this impulse, even in a state of perfect health.

The faculties of the mind, when the body is indisposed, are wonderfully weakened, by attention and curiosity, to its state and situation ; and the impressions of care and tender regard, for the safety of our own existence, are always present. From hence, we observe, with concern, a total perversion of nature's intentions, in this instance, as the powers of intellect, were certainly intended, for the use and benefit, of mankind, and not for their misery and destruction ; but,
such

such is the incapacity of the mind, under the influence of disease and ill-health, that the reason and reflection, are frequently interposed, in vain, and the best demonstrations of them, are very, ineffectual.

Though this be true, in general, in regard to the pernicious effects, of thought, by producing a sensible increase of disease, yet, so infinite is wisdom, that we see some instances, when it has evidently saved the patients life, and cured, in a very terrible disease; so that we here have a clear illustration of the truth of this poetic assertion*.

N 2

Dr.

* “*The eternal art, educeth good from ill.*”

Dr. Mead,* gives, two singular instances, of the extraordinary powers, of fear and terror, in the cure of two patients. The first, a young lady, who from a bad habit of body, fell into an *ascites*. At a great progress of the disorder, when she was very exhausted and worn down, she took up very strong impressions of fear and terror, which she had been an entire stranger to, before. This brought on great exertions to strength and natural powers, which critical circumstances, being judiciously assisted, by that distinguished, physician, this patient, perfectly

* *Monita et præcepta Medica.* Page 81.

perfectly recovered, her health, when a little before it was given up, as a lost case.

The other patient, was also a young subject, in a state of pulmonary consumption, in the worst stage. Enthusiasm, producing a temporary delirium, excited, very sensible good effects, and the original disease, from hence, abated, and gradually, wore off, It seems, that the terrors of imagination, in this case, were greatly heightened, by the representations made, by *spiritual guides*, as if, (as the judicious author observes,) the happiness of the

next, was to be acquired, by the miseries of this, world.

From these instances, this great physician, makes this judicious observation, “ *Aliquisque malo, fuit usus in illo,*” and the assertion, may certainly be proved, in some very singular subjects, but, in general, the very reverse, actually happens. It is very evident, that while the faculties of the mind, are in a state of great exertion, those of the body, sustain a temporary suspension, and, hence, a new arrangement, is given, to the system, which, in most cases, is unfavorable, both, to the recovery of health, and its preservation.

servation. I know disorders, so sensibly increased, and kept up, by mental irritation, and inquietude, that the patient, could not bear, the least idea, or impression, with regard to his situation and ailment, without evident risk of rendering every measure, and every effort, retrograde, and abortive.

Notwithstanding, we can sometimes discover instances of salutary effects, arising from increased agitation and irritability, such as were noticed by Dr. Mead, yet, the reverse state, is certainly the best *suited*, to nature's powers, and nature's laws, and, in course, the best *adapted*, to
 medical

medical intentions; and therefore, every concurrence, of this method, should be an object, of great regard, and consideration, to the practitioner.

SECTION XV.

TO gain time, in order to have repeated opportunities, to examine, and ascertain, the disease, it is assuredly necessary, to obviate the difficulties, of the patient, and allay all impressions of danger and apprehension.

Independent, of the advantage we observe, from this *acceptable* and grateful service, of releasing

releasing the mind, from its difficulties, we can evidently detect, substantial and permanent good effects, upon the disease, with regard, to *crisis* and *termination*.

I have seen instances when, the variolous eruption, and other suppurative inflammations, have come to a favourable crisis, and made rapid progressions, to that state, after the patient had lost the impressions, of having, the small pox. While these existed, no apparent effort, was made, to that salutary state; but, the moment they ceased, the progress was sensible, and decisive. The same thing happens, in regard,
to

to most skin inflammations, particularly, the *herpes* and *erisipilas*. No disorders, I know, are led on, to such states, of increas'd *exacerbation*, from agitation, as these evidently are ; indeed, I believe, that they are frequently brought into existence, by *irritability only*. In fact, I have observed cases, when it was clearly so, beyond a doubt.

But to dispence with, reasoning, as well as fact, and both together, in this case, the affair, is like that of death, certainly best, in a state of total ignorance, and if, possible, oblivion. Every circumstance, in respect to both, suffers much, by anticipation,
and

and very much the same, with every degree of intellect, from the philosopher, down to the idiot. For, under the conflict of morbid irritation, the former is brought into a state of *humility*, very nearly *equal*, to that of the latter. In regard, to the *competency* of their ideas, of their own situations.

There is something, very acceptable and pleasing, in obviating the lassitude and anxiety, of the sick, and by leaving the sensations of the patient, quiet and easy. This opiate, *revocate animos, mæstumque timorem mittite*, will effectually compose the mind, and exhil-
rate

rate the patient, more than an opiate draught, or pill.

The impressions of hope, procure more successful remissions, and give more effectual efforts, to the natural powers of the body, than those *defective* and *occasional* ones, that may be resorted to, and sought after, in the skill of the apothecary's shop. The first gives effort to the whole, the latter to a part, only. The whole faculties, are occupied, and filled up, by the pleasing sensations of hope and expectation, and give that diffusive animation, and life, so justly and finely described, by this beautiful distichon.

“ Till

“ Till lengthen’d on to faith, and
unconfin’d,”

“ It power its bliss, which fills up all
the mind.”

The powers and faculties of life, that are produced, and called forth, by the means of this *medical auxiliary*, are amazingly successful, in the cure of disease, in every way; and, is therefore to be considered, and used, as a *cordial*, but, with this essential advantage, that, *unlike* other cordials, its effects are durable, and permanent, and it never leaves the patient *worse* for its use, nor does it impair, or wear out the bodily organs. The structure of the human mind, is made up of delicate and tender parts,

parts, and therefore requires the hand of cultivation, and judicious care. It is naturally formed to hope and expectation, and is ever accessible, to these impressions ; but this plant, is, like every other good one, of tender growth, and easily impaired. It hence becomes a business, of that delicacy, which will require skill, judgment, and ability, to manage and direct : but, there is no situation of human difficulty either natural, or acquired, but what will admit of this resource, and its effects, are very correspondent to those of harmony ; and I will therefore take leave of it, by giving it this Title, *Dulce Lenimen Medicorum*.

SECTION

SECTION XVI.

THE habits of life, and the manner of living, if not judiciously adapted, very much dispose to produce, both temporary and permanent disease, in a variety of instances: and hence, attention, in this affair, will constitute the best fund of medical assistance.

It is not sufficient, for salutary intentions, that we regard methodically, what is well, and what is ill adapted, or, in other words, what does agree, and what does not, but to notice,
with

with particular attention, the exact state of health, at these different periods; as, from thence, we may calculate, particular reasons, for the one, and, the other; and therefore, either choose or avoid, the same, at future times, with great advantage and propriety. Neither aliment, nor medicine, is to be totally set aside, and avoided, from the circumstance, of its being either hastily, injudiciously, or unsuccessfully, adopted, and used. For observation, clearly proves, that the very same, at other times, and under some variations of health, have succeeded, perfectly well: and, the same consideration, is
to

to be had, in regard to *quantity*, as well, as that of *quality*.

The powers of health, and life, are variable, in themselves, and are never permanently the same ; and hence, we may evidently observe, why regimen, and all medical rules, must be adapted, to the particular state of these powers. Herein, the faculty of judgment, and ability is requisite ; and unless mankind, have these, to exercise, or engage the knowledge of others, it is impossible for them, either to possess long health, or, reasonable pretensions, to the possession of it. Some situations of life, are certainly, more favourable,

vourable, to the preservation of health, than others. And these appear, in many instances, to be such, as are of inferior, condition. This appears, not to be properly estimated; and to be assertion, without proofs, in respect to poor people, and labourers *only*.

The vices, and filth, [of the common people, are certainly greater sources of ill-health, and destruction, than those of the better sort, who have, in some measure, the means of obviating, such, as attend them.

The state of life, in respect to habits, the best adapted to health,

health, appears, to be that, wherein the exercise of faculty and employment, is most required, as the means of its support; and wherein, mankind, cannot be left, to the entire pursuit and choice, of their own desires, without the intervention of some business, which is, till a certain period of life, requisite, to keep them in health, and from the *idleness of vice*. Hence,

Vivitur exiguo melius.

Is an assertion, perfectly well adapted, to society, in general; and, I believe, is a much better security, against disease, and the

necessity of medical assistance, than the best rules of science, and of medicine.

The whole affair, consists, in reconciling ourselves, to those situations, as being the fit ones, designed, for the numbers, and not for a few ; and hence, make us attached to their duties and pursuits, which *alone* should make up, and constitute the chief attention, of our lives. A great deal of sitting and quiet, after meals, particularly, after dinner, which is usually the fullest, is certainly injudicious. *Cæteris paribus*. Indolence and inaction of the whole body, will certainly induce, an inactivity of
its

its parts, and different organs, and they will lose their due tone and exertion, from the circumstance of, inaction. To obviate this defect, it has been very judiciously, thought, that laughing and talking, is necessary, which is certainly a useful auxiliary, to digestion, and secretion; but the assistance of general exercise, such as moderate walking, seems better adapted, to prevent a *radical* defect. We breathe better air, out of a room, where several stay, than in it; and where the best air is, the organs of respiration, perform their function, more free, easy, and deliberate; and by their action, the office
of

of the stomach, and its digestion, is more accelerated, as well as that of the intestines, whereby, constipation, is prevented, and all the inconvenience, of a costive habit of body.

One evident advantage, must arise, from the circumstance of not sitting long, at meals, above that of all others, material ; which is, that of not going into excess. Long dinners, lead us into the habit, of making separate, and distinct meals, at the same time. For, it is a meal, to drink, as well, as to eat. Every thing we drink, except *water*, must undergo the process

cess of, digestion, that is, a decomposition of its parts, whatever, they are, before they can serve the purposes of life, and secretion. So that the stomach, and its appending organs of digestion, has twice the labour, and effect, to perform, independent, of the occasional *help*, of fruits, &c. usually produced, in order to protract, the dinner, materials.

In regard, to fruit, it certainly is used, to the best advantages, during the recess of meals ; during the intervening times. As the powers of the stomach, at those periods, are much, at liberty, to digest it, and to render
its

its natural flatulence, less oppressive and troublesome, to this organ. Indeed, I apprehend, in many subjects, that this is the only time, they can be digested, and serviceable. For unless they are digested, the fixt air contained, in them, cannot be separated, and hence, by retaining that constituent part, they become heating, surcharge the stomach, and produce loose bowels, in which case, it passes off crude and undigested.

It is of the greatest advantage, in general, to go to bed, with a *finished* digestion; as, in the horizontal posture, that process
of

of nature, has the least powers, to exert, to this intention. Next, to this, in favour of health, is, to go to bed, early, with a view, to early rising; both of which, has infinite advantages, except some particular circumstance, stands in the way.

Nothing disposes to strengthen the natural powers, so much, as exercise and motion, in the early part of the day, when they are at liberty, and disencumbered of every extraneous load. To this intention, an evacuation, downwards, is especially necessary, every morning. It is more material, at that time, than at any other period, in the
 twenty

twenty-four hours, as we are clear, that every thing is fit, and duly prepared, in digestion, and, therefore, what remains behind, is excrementitious, only, and ought to pass, through the body.

The exercise, and employment, of one hour, in the early part of the day, is of more service, in bracing and giving tone, to the body, than any subsequent two hours. And hence it is, we observe, that old healthy people, have been early risers, and used, early exercise.

If a due regard, is had, to the intentions of life, we shall find
it,

it, to consist, of a series of comfort and happiness, the pursuit and attainment of which, depends, a good deal upon the circumstance of health. For without the possession, of this *essential*, the others are, ideal, and, nugatory.

This, therefore, constitutes an affair of attention and care, to every individual, and to this intention, nature has given us faculties, *adapted to observation*, and *feelings*, that make us tender, of our own existence.

We hence, are led, to observe, the propriety of regarding health and life, as an affair of amusement

amusement and pleasure, and to be careful, not to let any impressions of anxiety or distress, invade our internal feelings, in respect, to its duration and period. For, if our care of one, or, the other, has this, for its object, every effect, to protect and prolong it, will be, *ineffacious* and *retrograde*: And I cannot introduce, a more just, and a more beautiful, description, of the right estimate, of this matter, than what, an eminent writer, has expressed.

I'aime la vertu, sans rudesse

I'aime la plaisir, sans moleste

I'aime, la vie, et ne'en, crains point
la fin *.

The

* St. Evremond, *dédicaces*, à Madame L'Enclos.

The natural diseases of mankind, individually, are few, and seldom, in comparison with those, that are produced, from a want of intelligence, and care. Hence, having a due regard, to what is adapted, to each particular habit of body, will give us, a much better prospect and chance, to the possession and enjoyment of health, than by occasional appeals, to the powers of medicine, which are, from the best observations, limited, precarious, and very inadequate, to those of disease.

The sensible and evident effects of regimen and exercise, should ever be the criterions, for estimating

inating their propriety and salutary powers ; and, therefore, we are, to form, our habit and manner of life, from the known and visible *peculiarity*, of our own organs, which are endowed with sensations, to that intelligent purpose, and these point out, to every man, what he ought to, *adopt*, and what he ought to, *avoid*. In this simple affair, I take it, resides, our chief antidote, to disease, as well as the best means, to obviate, its tendency, and influence.

There appears, to be, something, essential, in occasional variations, both of exercise and regimen ; particularly, of the
former,

former, in regard to their salutary effects, probably, from the circumstance of some variations, of natural powers. Judgment and choice, must, here, be consulted, and adapted, to concur, with the right intention. We have an observation, in a great Poet, of the Augustan age, * which appears to exactly correspond, with this idea.

Though, the riding on horseback, be an excellent discipline, in many cases, yet, in some subjects, that have weak, irritable *viscera*, a great deal of increased indisposition, arises. It is impossible, to descend, to enumerate,

* Multa dies, variusque Labor.

rate, instances, of the good, or ill effects, of regimen and exercise. These being objects requiring nice attention, and accurate investigation, totally depending on the *idiosyncrasy* of every particular case. In a right distinction of these, and by a judicious regard, to *all* other, circumstances, of the patient's health, we are able, to calculate, the treatment, with the best probability, of success, and the most reasonable claim, to it. To this intention, we must regard every case, with diligence and care, and by repeated attention, and observation, and nothing else, we can come to the right estimate of it, and consequently,

consequently, to the most successful means of treatment.

I know of no books, that can teach the medical practitioner, but these. None have such accurate characters, and intelligent language, and, to these, I would advise every one to appeal, and consult. If there be any guide, more faithful, and less subject, to delusion, I finish these observations, by calling upon him, who is in possession of it, to communicate it, for the benefit, and information of, society.

Si quid novistis, rectius istis.

Candidus imperti. —

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A P P E N D I X,

C O N T A I N I N G A

S U C C E S S F U L

Method of Treating the

ASTHMA AND *DROPSY*.

THE Asthma, however variable in its progression and changes, however different in its attack, and remission, originates from very simple and evident causes, and, so in course, must meet with the most permanently successful treatment, when it is adapted to these radical

a

dical sources, and calculated to obviate the disease, in the first instance.

It is observable, that this very troublesome affection of the lungs, and diaphragm, though arising from a combination of circumstances, and various predisposing causes, is *specifically* two-fold, and may therefore, be exactly ascribed, either to debilitated organs, or furcharged vessels.

The general, and most prevailing Asthma, is of the latter origin, especially, in young subjects, though, we sometimes observe, evident indications of

a joint concurrence, which renders the disease more complicated and difficult.

Sometimes, the too great a-derivation to the lungs, will entail and connect with it, a debility and convalescence of these organs of respiration, without any primary and original defect of tonic powers, and hence, we have the complicated disease, induced, simply from the presence and irritation of too much circulation, in the vascular system of the lungs.

Indeed, when we consider the fine, minute structure of these organs, and their important

ant office, together with the frequency and impetuosity of their action, and also the great quantity of fluid, they have to propel, we shall not be at a loss to account for the frequency of a difficult and impeded circulation of blood through them, and consequently asthma, and other pulmonary affections.

As we do not propose, to enter into a discussion of the doctrine of respiration, with regard to the change produced, upon the vital fluids, by that singular process of life, we shall proceed to consider, the treatment, and care of this distressing and vexatious disease, as totally

tally depending on the two circumstances of *plethora*, or full vessels, and that of *convalescence*, or weakness of parts.

Local diseases, and local affections, are always most accessible to the successful application of medical treatment, and, hence nothing is more circuitous and defective, than the mode of treating this, and many other diseases, by traversing their the whole system, to come at it. As the seat of this disease is ascertained, by the parts that are affected, by it, where is the objection, to attacking it, by applying the remedy to that part *only*, where it first took

up its residence? In other words, why follow the disease in the *rear*, and not attack it in the *front*? In pursuing one doctrine, we frequently observe, that the whole subject becomes diseased, by time, by evacuations, and, by weakness, aided, by a low regimen, in attempting to remove, the disease of some particular part.

Herein we see medical practitioners engaged, in a very unsuccessful, and inadequate pursuit; as, we seldom can overtake the disease, and its progressions, are usually more rapid, than those made, by medicine, in the usual and *established form*,
and,

and, the latter, is feldom adequate to its pretensions.

I would not exhaust nor impair the general system, in order to obviate and remove, the disease of a particular organ, provided, that organ be not seated out of the reach and power, of topical means, conveyed in some way, or other ; nor would I suffer a disease, so situated, to be lengthened out, to a future day, by such circuitous treatment, when opportunity occurs, to destroy it, in its first stage, and in the first instance.

Asthma, arising from full vessels, and surcharged lungs, may,
in

in general, be very soon cured, by promoting an increased secretion, or, in other words, by inducing an early, and copious expectoration, which is nature's cure; and, to this intention, nature directs her efforts, by inducing a cough, and frequent laborious respiration.

It is very observable, that the particular state of atmosphere, has very great effects upon asthmatic subjects of every denomination, by forming, increasing, or diminishing, the paroxysms. As air is a fluid, we are led to the obvious calculation, that fluids, in the form of *effluviæ*,
constitute

constitute the most beneficial applications, in cases of asthma.

Camphor, Benzoin, and Styrax, and many other volatile and fragrant gums, give off, very essential parts, in *effluvia*, and, in that state, may be very easily and effectually, conveyed, through the whole system of the respirable organs; whose parts, being membranous, and extremely vascular, cannot fail to have their stricture, and inflammation, presently, and sensibly abated; and a copious discharge of inflammatory mucus, hence must ensue, to the essential benefit of the distressed patient.

At the same time, that this process of *inhalation* is going on, which should be from a considerable surface, with a view, to get as much as possible admitted, by the different passages of the mouth and nostrils, the patient should be kept, up to the knees, in hot sea-water; or, what is much the same thing, Bay-salt, dissolved in common water, in the proportion of a pound, to six gallons.

I have frequently observed, in the asthmatic, as well as, gouty inflammation, and when both diseases have concurred, at the same time, an amazing
rapid

rapid success, attending this latter process. The diaphragm, and all other muscular parts, concerned in respiration, have been presently released from their stricture and difficulty, which may be easily accounted for, by referring it, to the doctrine of revulsion and derivation.

This double process of fomenting the lower extremities, and that of inhaling, at the same time, should be followed up, and persisted in, twice, perhaps three, or four times, in the twenty-four hours, as indications required.

With

With respect to medicines, by the stomach, I know of none that surpass the simple oxymel, and paregoric elixir. A table-spoonful of the former, with forty drops of the latter, there a four times, in the twenty-four hours, in a tea-cup of any diluent.

In some cases, a double issue, or seton, upon each side, nearly in the direction of the diaphragm, is extremely beneficial and necessary.

As it is very observable, that the asthmatic subject, is always best, with respect to the important affair of respiration, in the
erect

erect posture, we should consider, how to avoid, the very mischievous consequences of the supine and horizontal; which, if judiciously adapted, will be of the most essential service; not only, to palliate and relieve, but to prevent subsequent returns.

The posture of the body for rest and sleep, is what we should direct the attention of the patient to. It should, as near as possible, correspond with that of the erect.

The bed should consist of hair-matras, and pillows of the same, and they should be so disposed,

posed, that the whole trunk of the body, as well as the chest and head, ought to be so much raised, as to put the body in a middle state ; or half sitting, and half horizontal ; and, in this posture, all the vital and involuntary motions, are performed, with as little difficulty to the weak and impaired organs of respiration, and circulation, as possible.

One rule should be certainly observed, as essential, to procure easy nights, and also good days, which is, to keep the stomach as empty, as possible, at the same time, duly supported, with aliment, of the mucilaginous

nous kind, divested of all fat, and unctuous parts; and the bowels evacuated; especially so before going to bed, as by these precautions the muscles concerned in respiration, have most liberty to act, and perform their motions, free and easy.

An electary, or Linctus, prepared, in the following order, I have frequently known, succeed in this intention, when taken freely. Take of the best Muscadine raisins, ston'd, or Corinthian figs, and beat them well, in a marble mortar, and add, by small gradations, as much vinegar, or simple oxymel, as will with a good deal of mixing

ing, form it into a soft electary : of which the patient may take a half spoonful every two or three hours, or more frequently, if necessary.

As to the affair of fumigation, it is sometimes best to use the effluvia of camphor, especially, where the asthmatic affection arises from weakness, and irritability ; sometimes the benzoin, and frequently the styrax.

To use the camphor, rub two drachms of it, with three or four drops of rectified spirit of wine, to a powder. Then put it in a pint pewter-vessel, and
pour

pour upon it a pint of boiling water, which makes camphor-julep. The camphor will begin to pass off, immediately in strong effluvia, which the patient is to breathe over, keeping the surface of the pot, as near as possible to the mouth. Continue to breathe the vapour, as long as it gives off any, and repeat this process, twice, three, or four times in the twenty-four hours.

In some cases, boiling vinegar is preferable to that of water; especially, when there is great debility, and *pustular excoriation*, of the passages.

The benzoin, and styrax, give off their most essential parts, in rectified spirit, and therefore make a strong solution, in tincture. Two, or three ounces of the tincture of either, put in a pewter vessel, and a pint of boiling water, poured upon it; the balsamic and healing parts of the gum, will pass off, in effluvia, and enter the ramifications of the *trachæa*, and be received into the fine pulmonary vessels, in consequence of which, the exacerbations of those parts, will be allayed, and, by repeated applications, totally cured.

The success attending fermentation applied to inflamed parts,

parts, is, generally known and acknowledged, and hence, we are led, to the obvious conclusion, that the inflamed, and surcharged surface of the lungs, must have the increased action of vessels, abated, and, the inflammatory *diathæsis* carried off, by relaxing the parts, and consequently, by increasing their secretion.

When there is debility of parts, and irritation only, without any tendency to expectoration, I do not see why the tonic medicines, may not be applied, in the state of effluvia, with success. The fact is, they may be used with great success, particularly

ticularly the bark, chamomile flowers, cascarilla, &c.

It is not infrequent, especially in the people in the decline of life, that the serous and lymphatic parts of the blood, from weak and exhausted vessels, become obstructed, in the cellular membrane, immediately under the skin, and hence, occasion swellings, in the lower extremities, and sometimes, in the abdomen, attended with a cold and insensible skin. This appearance, is usually considered, as the incipient dropfy ; and, in fact, it is so , and, will often terminate in an *ascites*, especially, if there be diseased *viscera*.

As this appearance and disease, frequently attends the asthmatic subject, and, from the circumstance, of the difficulty, which attends the return of the blood, from the inferior, to the superior parts, must often occur, I conceive, there will be no impropriety in considering it, as a consequence of it ; and hence, we are led, to comment and subjoin our observations, to it.

As we observe a remarkable coldness, and insensibility of the skin, as well as incapacity of flexibility, we are led to the evident idea, of the necessity of restoring life, elasticity, and vigour, to that part, as a most essential

essential mean, to impede the progress of the disease.

As the maxim of

Venienti occurrere morbo,

Is in every man's idea, I should propose to follow up this intention, by an early use of friction, either with the naked hand, or, by means of the artificial warmth, explained in page 93, and 94, remembering well, to begin at the lowest part, and continue upward, *only*; as the diminished action of vessels, is in the reflux circulation, and the skin; hence, we ought to avoid the common mode of friction,

tion, and apply it, from below, upward.

At the same time, we must pay a cautious attention, to give an increased tone and action, to the general system, and particularly, to that of the vital parts, the stomach and intestines, by invigorating the habit, with liberal quantities of Chalybeat wine, old hock, Madeira, and bark, in suitable, and alternate quantities, taking care, to avoid the vulgar error, of giving them together, as the stomach, is a very delicate organ, and ought not to be offended, by frequent repetitions of medicine; hence, shall be led to observe

serve

serve the advantage of giving an ample dose at once, or twice in the twenty-four hours ; and, the dietetic wines, at due intervals. As the stomach has great variations, and peculiarities, we should be very careful not to offend this important organ, by giving much medicine, or, to attempt the cure, in this way.

As we find, that either the increased action, or increased bulk, of the viscera of the thorax, and abdomen, will frequently, cause a diminished return of circulation, from the inferior parts, particularly, from the lower extremities, it remains for us to devise an adequate assistance,

sistance, for these parts, to resist this disposition, by an increased tone and strength.

The patient, should be in the horizontal position, when the topical application is used, with a view, to give the best chance of preventing the lymphatic fluids return, to the depending parts ; prior to which, the stomach should be protected and fortified, with a proper drink of the strengthening and restorative kind, before enumerated.

As the blood, and habit of body, is generally impoverished, and, in some measure destroyed, in these cases, we must direct
our

our efforts to renew and mend it; and, though we cannot get rid of the original defect, by evacuating the morbid fluids, yet, we certainly may supply the deficiency, by the introduction of better vital fluids, and illustrate, by fair example and success, what the learned poet, contemplated, in idea and theory.

*“ Ut repleat vacuas juvenili sanguine
venas.”*

We must conceive and understand, that as medical powers, are correspondent to those of every other, and therefore of limited capacity, this line is not intended to convey, any other idea, than that, by a judicious arrangement,

arrangement, we may prevent a farther disposition, to disease, and, by finally checking its progress, induce a compleat cure.

In most dropfical subjects, we gain a very essential progress towards diminishing the disease, by a copious use of proper diluents ; and, by *avoiding* the established *error* of letting the patient drink sparingly, I always recommend, considerable latitude, in that instance, especially, as I observe an increased secretion, attend its use.

Great regard, is to be had, both to the quality of the diluent, as well as the times most favourable

favourable to its use, in passing off, by urine. In some instances, the horizontal posture, is most favourable to that intention, particularly, when the complaint originates from *convalescence*, and *diseased viscera*, and frequently, the erect, assisted with proper exercise, or friction. The drink, in general use, is made thus : Take an ounce of cream of tartar, and pour upon it two quarts of boiling water ; add a little honey, sufficient to make it grateful, as to sweetness, and to every half pint, put a wine-glass of Madeira, old hock, or genuine Holland spirit. From one, to four quarts, is drunk in the course of the
 twenty-

twenty-four hours, and, I generally find, that double the quantity of urine passes off, to that of diluent.

The medicine I have to recommend is, from twenty to sixty grains, of the powder, prepared of the dried fibrous root of leeks, twice in the twenty-four hours, drinking with it, from a quarter of a pint, to double the quantity of an infusion, prepared, in the following manner: Take two ounces of *ruscus aculeatus*, or butchers-broom, and four ounces of juniper-berries, broken; pour upon them, a pint and a half of boiling water; let them stand

in infusion twelve hours, then strain and press out the liquor, to be used, as before specified.

I shall finish this subject, by stating, that a great deal of the success attending the treatment of this deplorable disease, depends upon the care, and arrangement, of the medical practitioner. The *specific* disease, and the *specific* medicine, make up a *part*, and not the *whole*. Upon this latter rock, many a patient, has gone to a premature grave, and many a practitioner, has silently and quietly suffered every fatal progressive stage, to go on to that fatal crisis.

A judicious and inquisitive attention, and a frequent attendance, to catch hold of favourable circumstances, as they occur, and offer, is an essential, and, to use medical sagacity, in creating them, and assisting to that intention, by every intelligent consideration, constitutes and makes up a very material part of success, in the treatment of these two formidable, and very compassionate, diseases.

I have to recommend, that as the powder, is made up of volatile parts, that it be always fresh dried, and fresh pulverised, and to a *very fine powder*. The *ruscus* should be in the best and newest

newest state of vegetation, possible, and the infusion always drank warm. The powder, may be mixed in a part, or the whole of it, and drank off at once.

However simple, and unscientific, these preparations may appear, and however humiliating it may seem, to *particular* men, to offer them, in preference, to those of a more combined class, and therefore less known, I have only to add, that in several instances, where the latter have been tried, in vain, I have succeeded with them, and therefore take leave of the subject, by stating the fact. And hence, so

far as these cases go, to illustrate it. I can with confidence say,
*“ Hoc remedium nunquam fe-
 “ fellit me.”*

RECAPITULATION.

IN our account of the correspondence observable in the productions of nature, adapted to the intention of curing diseases, in the article of the impregnation of waters, with various substances, of medicinal powers ; it remains to be noticed, that the position, stated in page 58, of the first Section, is, in some cases, objectionable,

and for the sake of accuracy and truth, we shall observe the variation.

In some instances, we find mineral waters, contain *Gypsum*, and sometimes arsenical matter. In such productions, we cannot conceive any salutary means, to exist.—Also we can, in the instance of the artificial impregnation, avoid every deleterious ingredient, and likewise render that impregnation, *exact* and *specific*, whereas it is somewhat precarious, in the natural state.

It is also to be understood, that where it is asserted, that water, absorbs phlogiston, it is
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in a combined state, with atmospheric air, which comprehends, fixed air.

This fluid is occasionally administered with good success, in the form of *enema*, and sometimes diluted with common atmospheric air, it is used to breath, in the case of ulcerated lungs.

It is to be regarded, that the rules of abridging the common regimen of life, specified in Sect. II. Page 74. is to be varied, in conformity to occasional circumstances. If animal food, or any other nutriment, detaches its fixed air, from the
 stomach,

stomach, by fermentation, it is conceived not to digest, at least, by solution, which, agreeable to *Stevenson's Experiments*, should dissolve and pass together.

As it is requisite, we should pay due regard to authority, it is defined by *Bergman*, that *Calculi* are formed, by the saccharine acid, and calcarious earth, and therefore are not exactly selenite, as described in page 135.

It is proved not to be air alone, but a great deal of aqueous effluvia, that passes off, from the lungs, in respiration, and is condensed in a column,
in

in cold weather, as referring to the definition, in page 140.

It must be acknowledged, that there is no distinction in fixed air, it being exactly the same ; and hence the expression of the last in page 147, becomes totally unnecessary.

Sum 6/23

$$\frac{5}{6} \div \frac{10}{79}$$

$$12/53 \div$$

